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IRONMAN MUSCLE!

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STATHAM
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ON BRUTE FORCE

CRAIG
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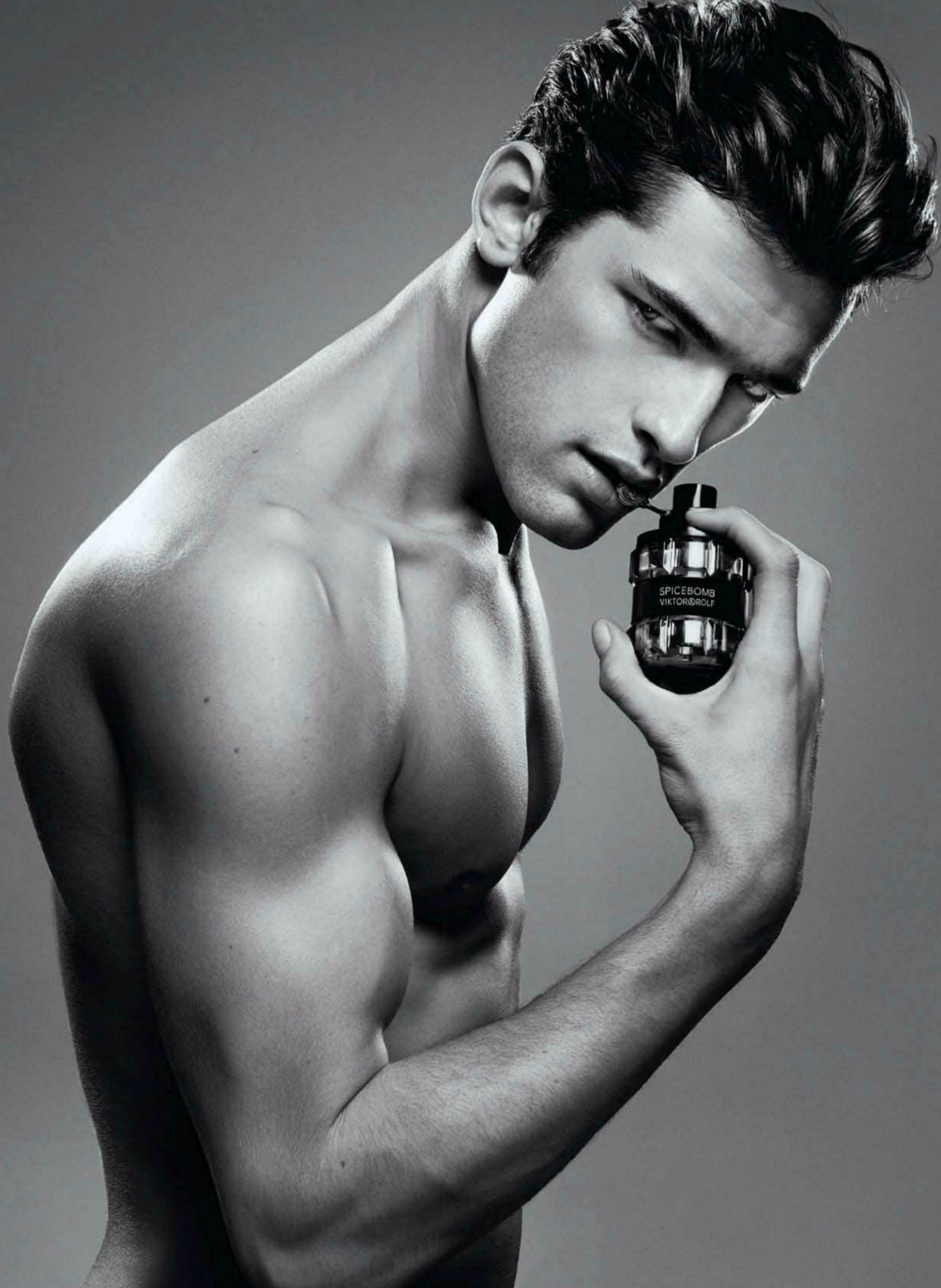
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A close-up photograph of a woman with dark hair and a black lace top, leaning her head against two shirtless men. The man on the left wears sunglasses with a red, white, and blue striped frame. The man on the right wears sunglasses with a blue and white striped frame. The background is a blurred blue sky with yellow and blue geometric shapes.

DOLCE & GABBANA

EXPERT ADVICE

MAY 13

PROTEIN-POWERED PANCAKES • BULK UP LIKE WAHLBERG • THE TWO-DAY FAT-LOSS PLAN • TOUR-GRADE ENDURANCE

THE MILITARY MAN WITH
A NEW MOVE FOR YOU

PAVEL TSATSOUNINE

On p39, ex-Soviet special forces trainer Tsatsouline introduces you to the Zercher squat: a move which hits your abs, biceps and posterior chain, while also reducing your risk of injury compared to regular weighted squats. If it was good enough for the Spetsnaz, who are we to argue? Frankly, we wouldn't dare.

THE PRO CYCLIST WHO'LL
GET YOU UP TO SPEED

MARK CAVENDISH

The most successful sprinter in Tour de France history gives you an exclusive insight into the determination you need to hang on to the green jersey, stage after stage. On p14 of our Cycling Special we find out how much he lifts in the gym (nothing) and how strict he is about his diet (not very).

THE WRITER WHO COULD
SEND YOU TO REHAB

WILL STORR

Award-winning journalist and novelist Storr speaks candidly about his experience with alcohol, drugs and binge-eating, so you can spot the signs that he missed in his descent into addiction. Use his checklist on p118 to find out whether you *really* have everything under control.

THE ACTRESS WHO WANTS
YOU TO GET STUCK IN

SOFIA VERGARA

Perfectly proportioned Colombian actress Vergara extols the virtues of a balanced diet on p34. And by 'balanced', she means that at the weekend, she eats and drinks pretty much whatever the hell she wants. If it maintains those perfect curves, we're all for it.

THE DOCTOR WITH A PILL
TO MAKE YOU SMARTER

DR ANDERS SANDBERG

On p54 we asked neuroscientist Dr Sandberg to try out 'cognitive-enhancing' medication as part of our Lab Rats series of human experiments. He gives you his professional opinion on whether they're worth your time and money, weighed up against the damage they could do to your body.

THE TRAINER WHO'LL
SIZE YOU UP QUICKLY

BRIAN NGUYEN

Former NFL trainer Nguyen is one of Hollywood's band of elite PTs. As such, he designed the plan that Mark Wahlberg used to pack on 9kg in two months for bodybuilding flick *Pain & Gain*. Try it yourself on p23, and you'll see why Marky Mark made Nguyen part of his now-legendary entourage.

THE CHEF WHO'LL ADD
MUSCLE TO YOUR MEALS

ANNA SWARD

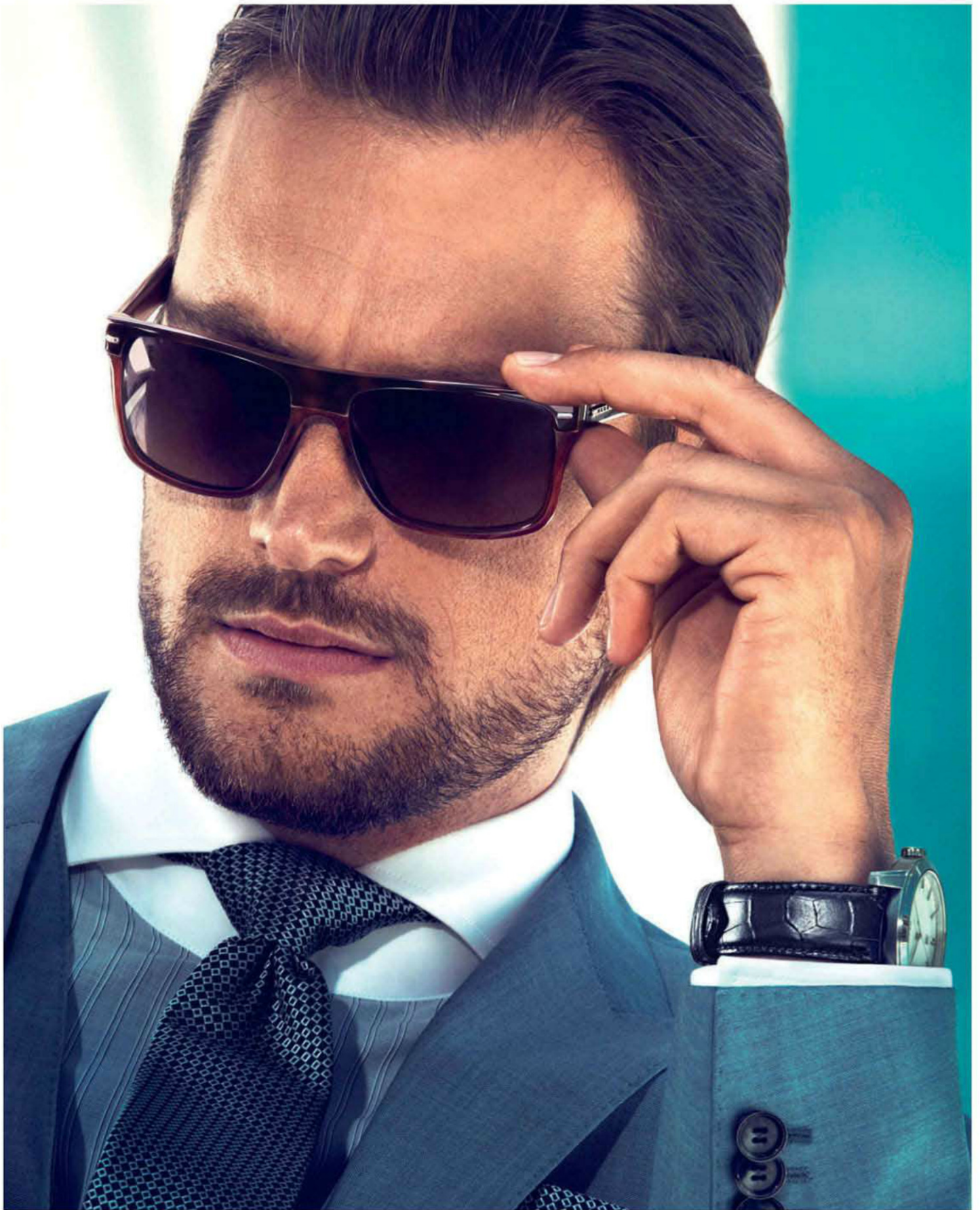
With a *modus operandi* to cram more nutrients into every mouthful, Sward is just the woman we want in the MH kitchen. On p78 she spikes your daily food plan with protein powder to make every dish work harder for you. See her blog proteinpow.com for easy whey-infused recipes for any time of day.

THE DOCTOR WITH A DIET
YOU CAN DO PART-TIME

DR MICHAEL MOSLEY

Banker, psychiatrist, journalist – Mosley's career trajectory is a checklist of the jobs you love to hate. So, as part of our Lab Rats special, we thought we'd deprive him of food. On p50 he looks at whether intermittent fasting is the key to a longer, leaner life. **MH**





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Art Streiber
August

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Your backstage
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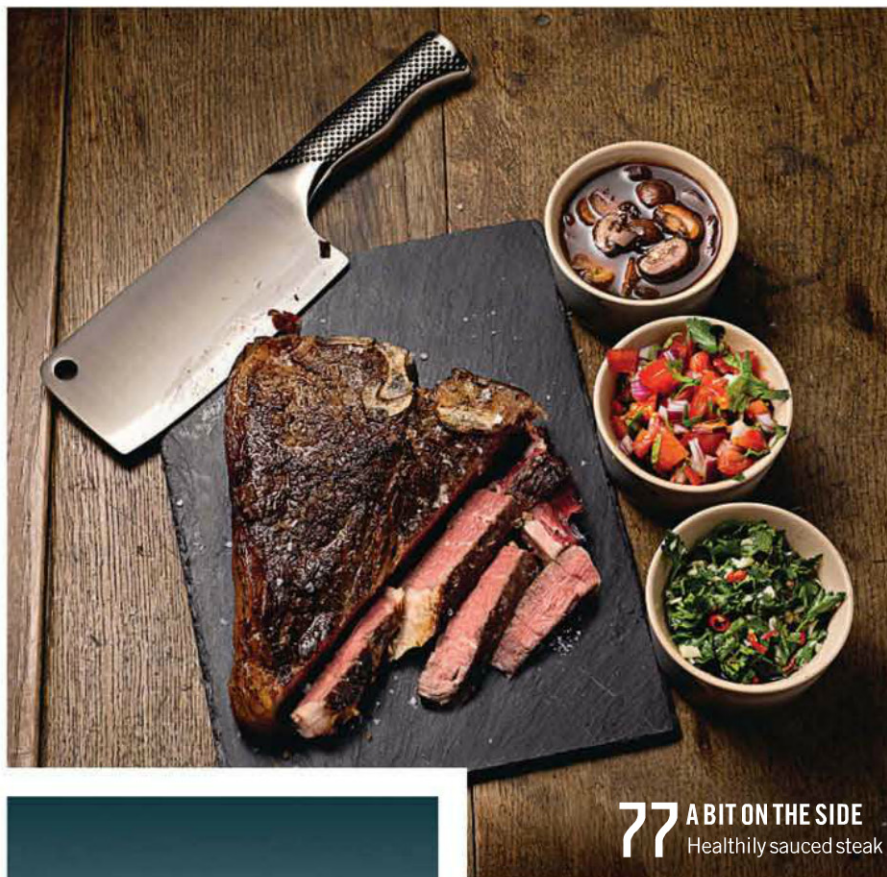
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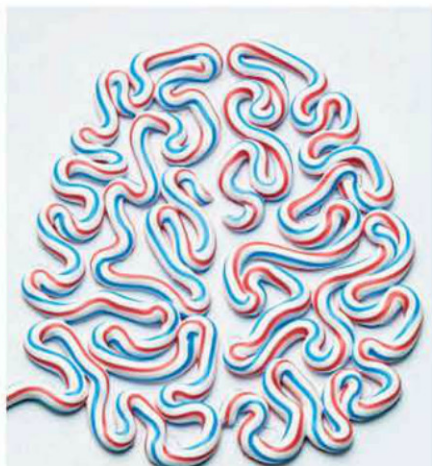
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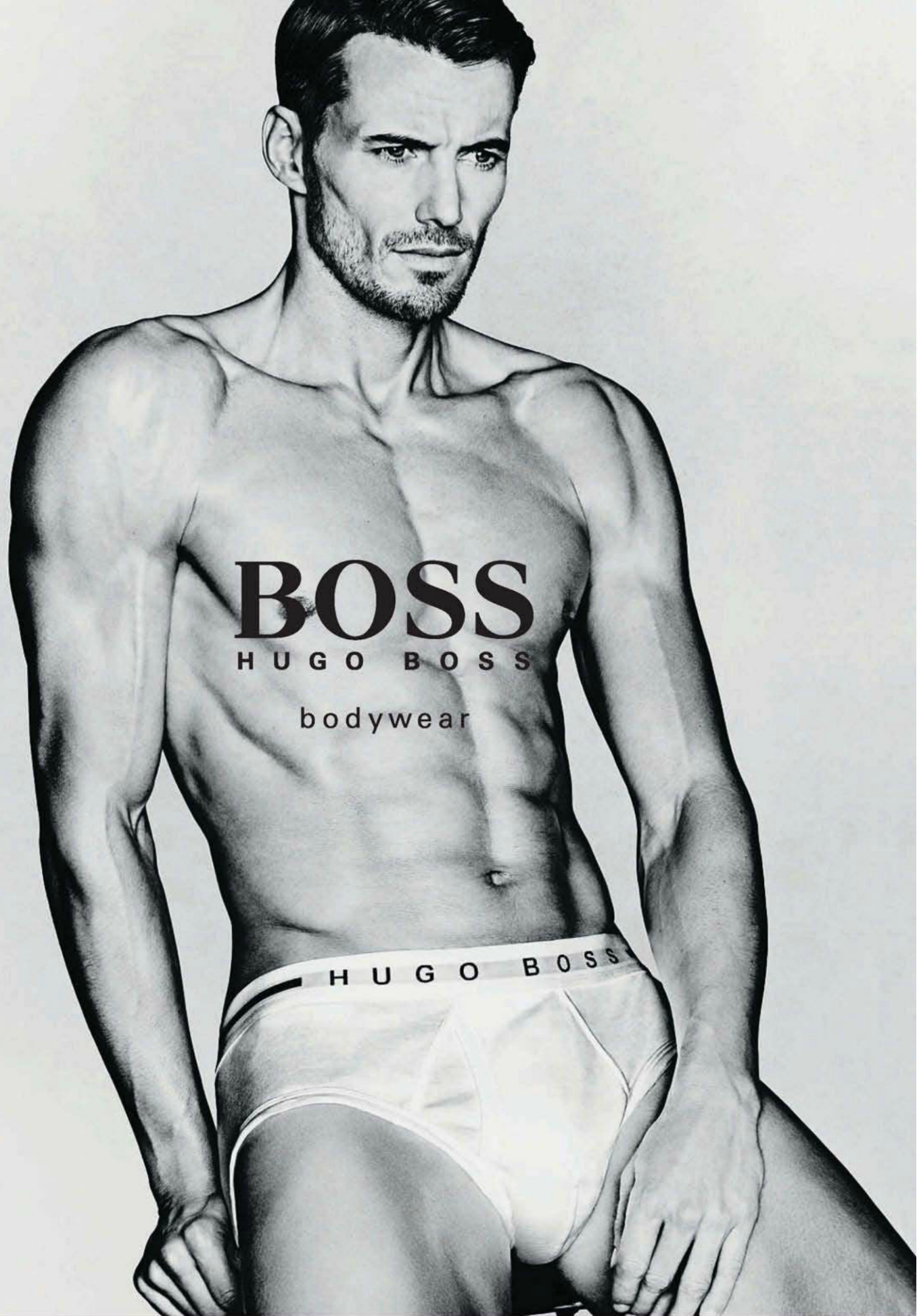
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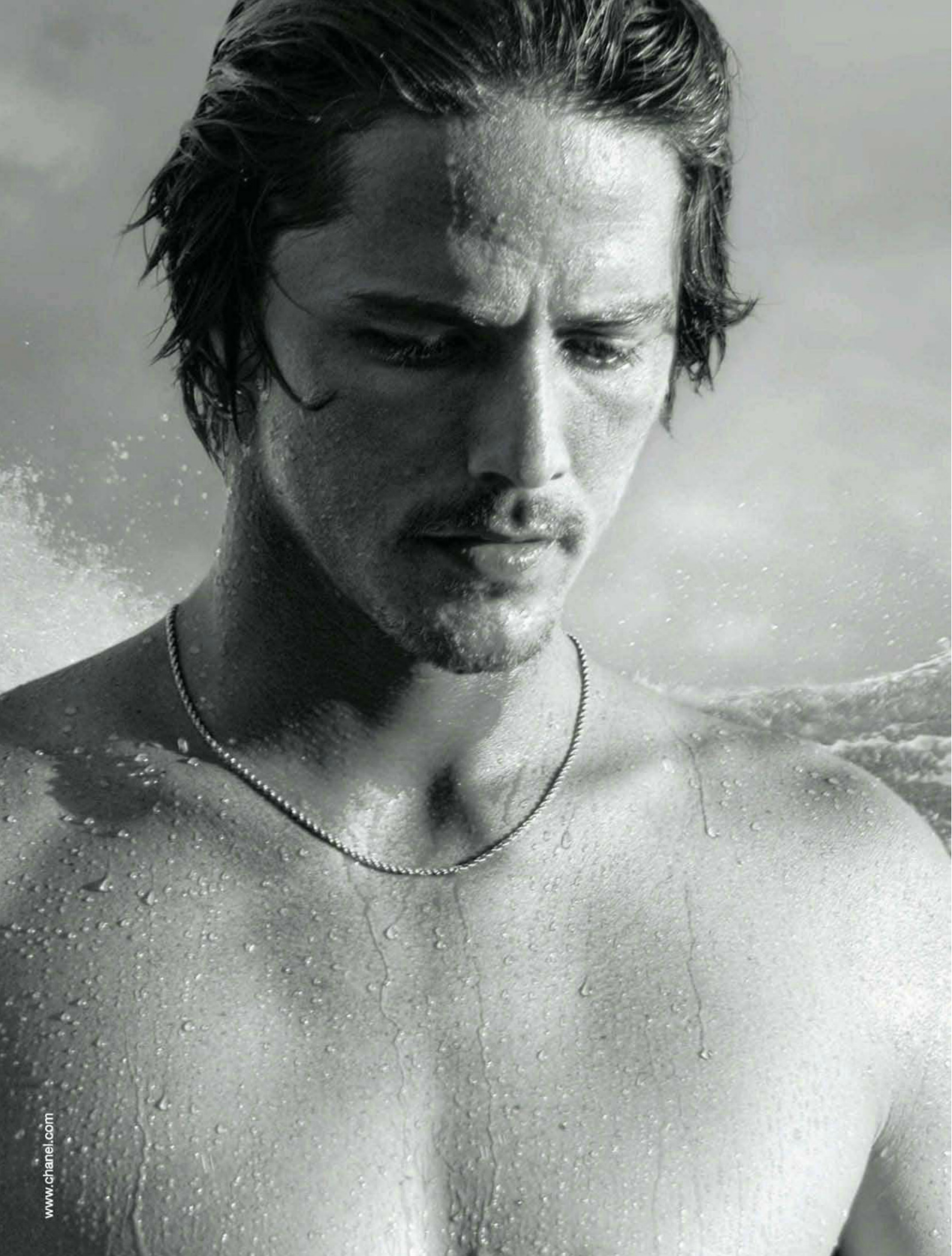
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CHANEL

GALVESTON BAY (USA), 1999

THE RESCUE

Years ago my daughter gave me a Swiss pocket knife as a gift and it saved my life. One day after Christmas, on a Monday, I had taken my fishing boat out to Galveston Bay. As always, I had my pocket knife on me. My eye was on the water with the shrimp net in my hands. I threw the net. It all happened so quickly; the rope to the net wrapped around my leg and pulled on my body with 200 kilograms of drag force. I knew if I fell in the water I probably wouldn't survive. Then I remembered my pocket knife. With my last ounce of strength, I dug the knife out of my pocket and managed to cut the rope – it gave way immediately, and my panic quickly subsided. That day I returned home without a catch, but with overwhelming thanks for my trusty little red pocket knife.

Martin Tidswell, December 1999

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Men'sHealth MAY 2013

AGENDA

NOW TRENDING IN HEALTH AND FITNESS

EDITED BY JAMIE MILLAR

DIY VIAGRA • THE RUNNING SHOE REVOLUTION • SOFIA VERGARA'S WEIGHT-LOSS TIPS
YOUR LUNCHTIME IRONMAN • FIT-FOR-PURPOSE CARDIO KIT • THE NEW WAY TO EAT

A full-page photograph of Mark Wahlberg in a gym, performing a pull-up. He is wearing a black t-shirt and khaki pants, with his arms extended upwards holding a pull-up bar. The gym has various exercise machines and a basketball hoop in the background.

ALL GAIN, NO PAIN

Get big *and* clever by studying the cutting-edge bulk-up science that Mark Wahlberg used to pack on 9kg in just eight weeks ►

➔ CELEBRITY SUPPLEMENTS GUIDE

CREDIBLE: Marked whey protein by Mark Wahlberg (available at GNC)
INCREDIBLE: Instone protein pudding by Sylvester Stallone (discontinued).

Weightlifters will often say you can't have one without the other. But, ironically, Mark Wahlberg's two-month regime to play a bodybuilder in *Pain & Gain*¹ was all about averting hurt. "If you just start lifting heavy, you risk injury," says Brian Nguyen of LA gym Brik Fitness², an ex-NFL trainer who has worked with Wahlberg since pigskin flick *Invincible*.

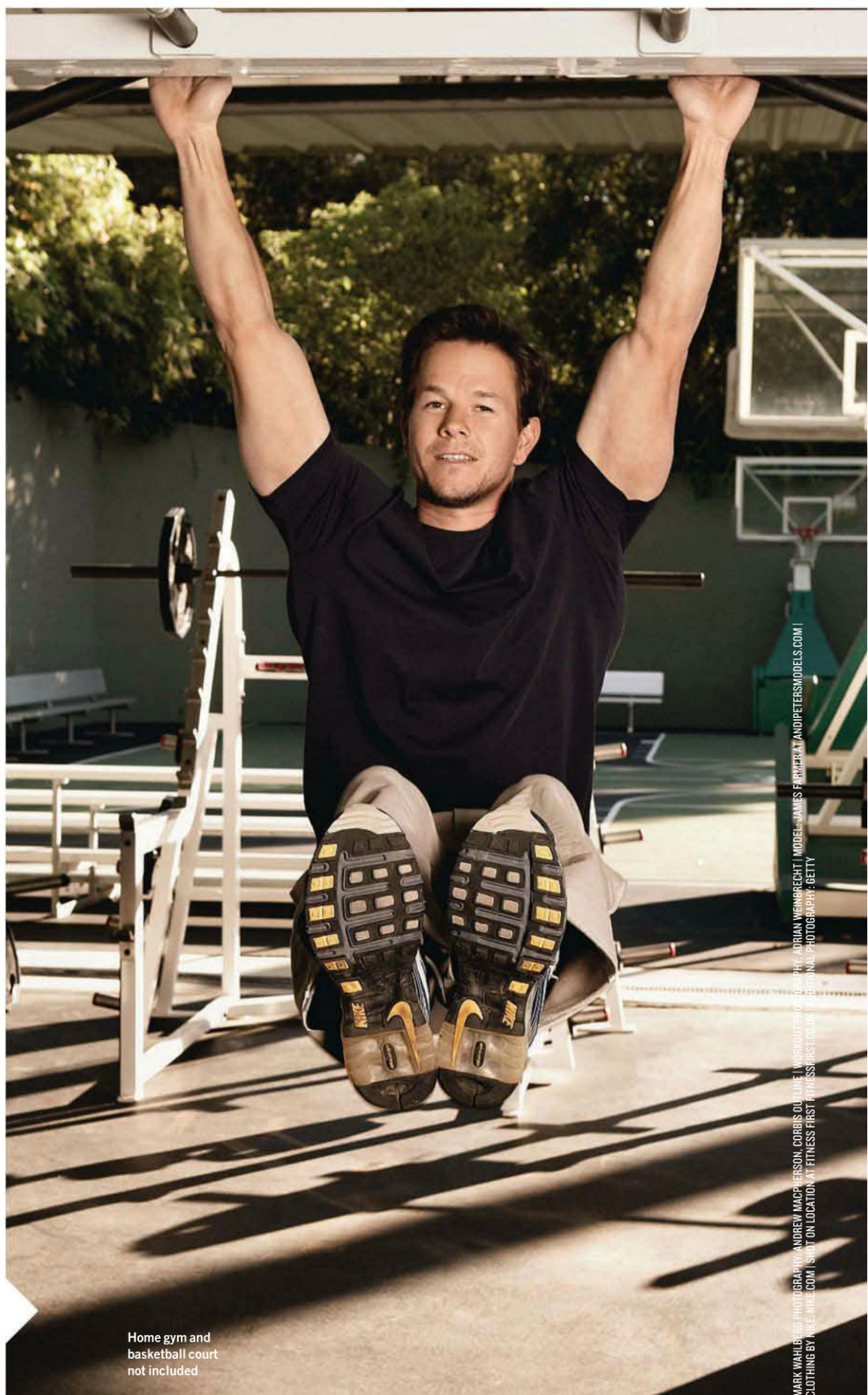
This wasn't your traditional bulk-up plan. Every workout started with 10min of foam rolling to "open up" the hip flexors, quads and backside, which become tight when lifting. Next came 20min of "activation", focusing on the posterior chain: the muscles on the rear of your body which are often weakened by our sedentary lifestyles. It sounds excessive, but it pays off in pounds lifted (and gained). "It helps you unload and unleash," says Nguyen.

And boy did it work. Nguyen didn't let Wahlberg near a bench until he could complete 100 TRX press-ups on a Power Plate in 4min; soon he was pressing 143kg for six reps. Nguyen also advocates doing abs work first to warm up your core before adding load, and stretching between exercises: both no-nos according to bodybuilding bro-science. But lay this foundation of all-over strength and you'll be able to build muscle quickly and safely.

"If Mark just started going hard without paying any attention to his movements and joints, he'd be broken in weeks," says Nguyen. "That is the wrong kind of pain."

YOUR GET-BIG PLAN

Wahlberg trained four days a week: two days on, one day off, with one day of light corrective work. We suggest you start with three. "You have to work hard and recover hard," says Nguyen. "Most people aren't overtrained but they are under-recovered."



Home gym and basketball court not included

MARK WAHLBERG: PHOTOGRAPH BY ANDREW MACPHERSON; CORBIS OUTLINE; WORKOUT PHOTOGRAPHY: ADRIAN WEINRECHT | MODEL: JAMES FARMER AT ANDPETERSMODELS.COM | CLOTHING BY NIKE. NIKE.COM | SAT ON LOCATION AT FITNESS FIRST FITNESS | ORIGINAL PHOTOGRAPHY: GETTY

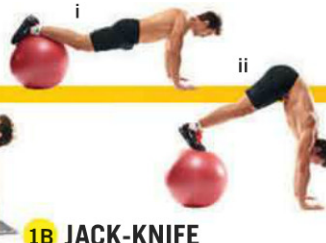
START
72.5KG
HE'S IN SHAPE BUT
LACKING MUSCLE MASS

SUPERSET



1A CRAB

3 sets of 1-2min
Let's wake up that posterior chain: sit with your legs bent, palms flat (i). Push up, firing your glutes so your body forms a straight line (ii).



1B JACK-KNIFE

3 sets of 8-12 reps
Form a press-up position, shins on a Swiss ball (i). Tense your core and use your feet to roll the ball towards your chest (ii); pause, then roll back.



2 KETTLEBELL SWING

4 sets of 6-8 reps
Squat slightly so the bell dips under your body (i); extend your legs and hips to explosively swing it up (ii). This 'snap' will boost your big lifts.

SUPERSET



4A TRX SPLIT SQUAT

3-4 sets of 8-12 reps
Holding dumbbells by your sides, put one foot behind you in the straps (i). Squat (ii), then drive up. Finish all of the reps, then swap legs.



STRETCH FIRE HYDRANT

4 sets of 30-45sec
Named for how it fires your glutes (we imagine). On all fours (i), raise one leg out as high as you can, your torso still (ii). Repeat on the other side.

SUPERSET



3B INVERTED ROW

3-4 sets of 8-12 reps
To balance out too much benching, grab a fixed bar with a wide grip (i). Keeping your body straight, pull up until your chest touches the bar (ii).



3A GOBLET SQUAT

3-4 sets of 8-12 reps
Now the *real* work starts. With your feet just beyond shoulder-width (i), squat down, holding a kettlebell against your chest (ii). Return.



4B BENCH PRESS

3-4 sets of 8-12 reps
Un-rack the bar with help from your spotter (i). (You have got one, right?) Lower slowly to your mid-chest (ii), then press back up explosively.



STRETCH CHEST STRETCH

4 sets of 30-45sec
Lengthen the straps of a TRX. Stand with your elbows bent (i). Lunge forwards; raise and lower your arms, holding where you feel tight (ii).



5 FARMER'S WALK

Repeat to failure
Simply walk forwards, kettlebells by your sides. Rest; repeat. Not many people perform loaded carries. Not many people are built like Wahlberg.

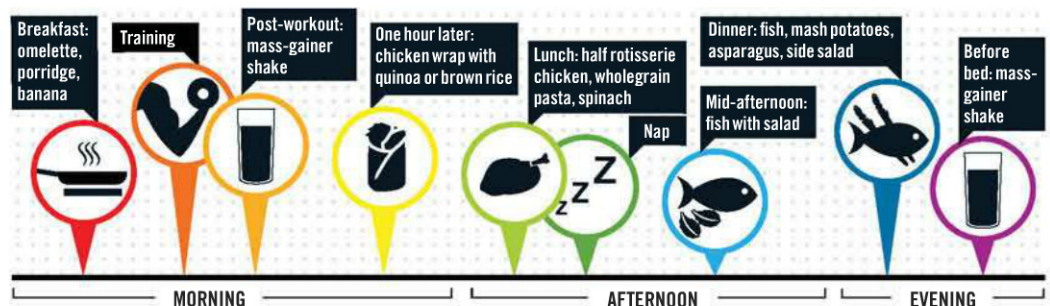


FINISH
81.5KG

AN EXTRA 9KG IN JUST 8 WEEKS³

THE SUPERSIZE DIET

Bulking up? Take a leaf out of Wahlberg's food diary. "We just loaded up," says Nguyen. "But it was all clean: whole grains, no processed sugars. He also had monounsaturated fats with every meal to keep his metabolism up. Mark likes his wine but he had to settle for protein shakes..."



FOOTNOTES ¹ In UK cinemas 3 May ² See brikfitness.com for more ³ Wahlberg actually went up to 93kg during filming but it wasn't all lean – this 81.5kg is!



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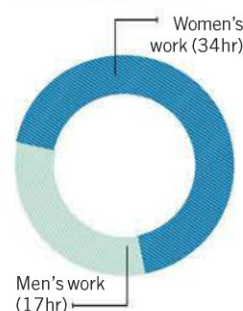
2.6

Men with erectile dysfunction are this many times more likely to carry their phone in their front pocket. Which is enough to give you a hang-up. *The World Meeting on Sexual Medicine*

BRUSH UP ON YOUR ORAL TECHNIQUE

A Turkish study found that men with markers of gum disease are 3.29 times more likely to suffer from erectile dysfunction. It's thought that the bacteria travel via your bloodstream to other more sensitive parts of your anatomy, which become inflamed (and not in a good way), impairing blood flow.

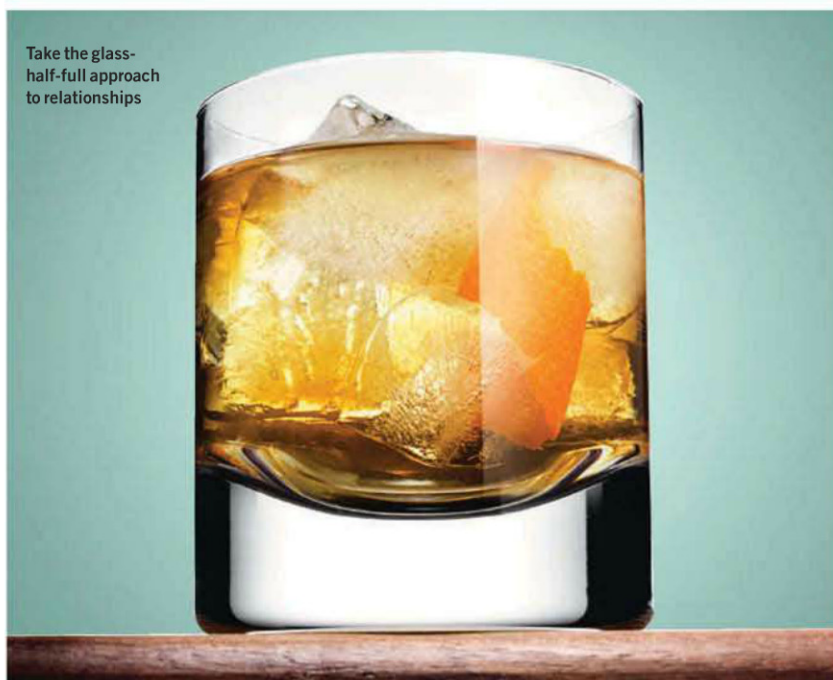
DO LESS IRONING, GET MORE SEX



You'll have sex 1.6 times more a month if you leave "traditionally female" chores to your other half. Sure, you have to make time for a bit of DIY on the weekends, but statistically she ends up doing twice as much. Win-win. *University of Washington*

BULLETINS SEX

Take the glass-half-full approach to relationships



LOVE, ON THE ROCKS

Couples who drink together, stay together. Research from New Zealand suggests that women who regularly drink alcohol with their partners are happier in their relationship than those who crack open a bottle without him (or mainline chardonnay home alone like Bridget Jones, presumably). Imbibing together gives you a chance to socialise, which leads to increased closeness. Another factor is that similar drinking habits indicate overall compatibility. Drink responsibly, though – the study also found that relationship happiness decreases if both partners are serious boozers, or if one drinks to excess. Just a couple of drams should keep your relationship off the rocks.

HARD MATHS

Shan Zhu Yu Tincture



Tribulus Terrestris



A 'herbal Viagra' which actually works. A study in *The Journal of Sexual Medicine* found that this combination* of herbs increases hardness so there's no need to hit the little blue pills.



PUT YOUR BEST FACE FORWARD

Before you post a photo to match.com, work the angles. A new study in the journal *Perception* found that tilting your head down slightly (30 degrees or so) makes you look an average 10kg lighter than you would in a straight-on mug shot. The reverse is true when your head is tilted up: it makes your cheekbones look broader, which is an indicator of a heavier person. That and only posting a series of black-and-white headshots.



ECONOMIC SLUMP

Men outearned by their wives are more likely to be treated for erectile dysfunction than their male breadwinner counterparts – even when this inequality is small. *Personality And Social Psychology Bulletin*

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THE VERDICT

By nutritionist
Alan Aragon, MS

Here's why the small-plate strategy could still carry weight

It has been shown that there is no metabolic advantage to eating six meals a day rather than three, but research on hunger is far from conclusive. A recent study found better appetite control with a grazing pattern: eating at least 100kcal every two to three hours.

As for the increase in HGH from 16/8 eating, this is the body's attempt to preserve its mass under threat – like the emergency lights in a power cut. It's not a big enough dose to impact muscle growth. Plus, if overall calorie intake is comparable, eating three meals hasn't been shown to be better than six for insulin sensitivity. It's just individual preference – have your say: @MensHealthUK.

EVERYTHING YOU KNOW IS WRONG

"YOU SHOULD EAT SIX SMALL MEALS A DAY"

The theory of little and often brings minimal gain. Eat three square meals to build muscle

THE ARGUMENT

By John 'Roman' Romaniello, trainer and author of *Man 2.0*



ROMAN EMPIRICISM!
5ft 7.5, 87kg,
8% body fat

The biggest myth of the five-to-six-small-meals model is the notion that eating frequently 'stokes the metabolic fire'. Eating raises your metabolic rate, the argument goes, so the more you eat, the more your metabolic rate will shoot up. True – but it doesn't equate to more fat loss. In fact, a study in the *British Journal of Nutrition* proved it made no difference at all: **subjects assigned to a snack-heavy weight-loss plan lost no more fat than those sitting down at the dinner table just three times a day.**

That's because although your metabolic rate does go up, it's proportional to calorific intake – it's not influenced by how often you eat. As long as you're clocking up the same number of calories every day, you can plough through 10 mini-meals or enjoy one big blowout and get the same effect.

Another study has shown that eating more frequently actually makes you feel *less* full. The reason is ghrelin – the hormone that triggers hunger – which is secreted in response to how often you eat. The more often you chow down, the higher your levels of the hormone, leading to higher calorific intake and weight gain. Essentially, your body can become conditioned to expect food at more regular intervals throughout the day. Conversely, eat less often and you'll produce less ghrelin. It's a trainable response.

But if you're not looking to cut your food intake, there are other benefits to be had beyond appetite control. **Leaving it longer between meals also has hormonal benefits that lead to improved body composition.** Going without food for a predetermined

period, so-called Intermittent Fasting or IF, increases insulin sensitivity and human growth hormone, HGH, (the latter by as much as 2,000%), making you more likely to shift fat and gain muscle mass. Then there's the practicality to consider. Eating less often means buying and preparing fewer meals, saving you time and money. You're also exposed to flavours less often and are therefore less likely to get bored and eat something you shouldn't.

There is no benefit to eating six times in 12 hours and no negative side-effects will come from eating three times in eight. Despite what bodybuilding bro-science might tell you, you're not going to go into 'starvation mode' or inhibit protein synthesis. Simply put, there's no actual science to support either of those claims. Less might just mean more.

YOUR NEW DAILY ROUTINE

Romaniello is a disciple of the 16/8 system², which claims eating within an eight-hour window will improve lean mass

12.30PM
-1.45PM

Trade your lunchbreak for a workout and train on an empty stomach

2PM

Post-gym: whey hydrolysate and maltodextrin shake (50g protein, 100g carbs) with creatine

4PM

First meal of the day: 340g grilled chicken, steamed veg, avocado and tomato salad

9PM

Dinner: 450g strip steak, four whole eggs, large side of vegetables

TOTAL INTAKE

200-250g protein, 105g carbs (reduce this to 30g on rest days), 100g fat **ME**

FOOTNOTES 1 The book has a foreword by Arnie, so you know it's good (£8.70, amazon.co.uk) 2 As popularised by Martin Berkhan (leangains.com)

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➔ FITNESS BOOSTER

Jump on the treadmill next to that gym bunny: men feel less fatigue when a woman watches them run, reports the journal *Perceptual and Motor Skills*.

TECH **A**



Smash your PB with a little more bounce

GAME CHANGER


TRAINERS THAT PUT A SPRING IN YOUR STEP

Give other shoes the bounce in favour of a revolutionary new cushioning material

Put less in, get much more back: tests at the *Runner's World* Shoe Lab found that the tech used in the soles of the Adistar Boost delivered better energy return or 'rebound' than any of the 800 or so pairs on trial. The secret is that stuff that looks like polystyrene. It's actually thermoplastic polyurethane (TPU), which is usually found on BMW dashboards. It also happens to provide better cushioning and comfort than the EVA foam that comes as standard in pretty much every

other trainer. TPU is longer-lasting, so you won't need to fork out for a new pair six months down the line. It's also more resistant to temperature changes: it doesn't stiffen in the cold, so will make those long winter runs a little less painful.

And that orange badge on the sole? That's for Continental Tyres, a marque known for its superior traction control – keeping you firmly on the road and (hopefully) free from repairs.

Adistar Boost, £110 (adidas.co.uk) 



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CRUSH YOUR IRONMAN TIME

Cutting hours off your training is no vice. Here's your shortcut to building superhuman stamina

The average Ironman competitor will clock up 18-22 hours of training every week, taking its toll on his joints, immune system and social life. But triathlon coach and competitor Ben Greenfield¹ is one of a growing number who are cutting their training times to as little as 10 hours a week – and improving their finishing ones. How? By ditching the junk miles in favour of High-Intensity Interval Training (HIIT). More and more studies are showing that HIIT

delivers all the benefits of steady-state cardio, only faster, as well as improving speed and power. It's an even smarter approach in light of recent evidence that "chronic" cardio – eg marathon training requiring more than an hour of endurance work a day – can be harmful to your heart. Be under no illusions though: 'minimalist' Ironman isn't easy. "It's mentally harder, which is why many people don't do it," admits Greenfield. "But to reap the many benefits, you have to embrace the suck..."



ABP: ALWAYS BE PUSHING

Your long runs and cycles should be just below lactate threshold (the point at which you can't sustain the pace). That's slightly under 80% of your max heart rate – or 8 on a 1-10 difficulty scale. It's tough, but it's the best way to build pace and endurance.



**X
OLD
RULE**

- › As many long, slow 'death march' runs as you can manage
- › 'Century' (100K) bike rides of 4-5hr at the weekend
- › Biking outdoors and in groups
- › Marathon-style swimming sessions of 60-90min
- › High-carb diet to keep your glycogen stores fully stocked
- › Light sets of up to 25 reps to build muscular endurance

**✓
NEW
RULE**

- › 30min sprint sessions; one ABP (see left) 1hr run a week
- › 1hr hill climb sessions; one ABP 2-3hr ride a week
- › Riding indoors and alone
- › 30min sessions of intervals and drills for speed/efficiency
- › High-fat diet to encourage your body to use it as fuel
- › Heavy sets of 6-10 reps to build strength and stability

WORDS: JAMIE MILLAR | PHOTOGRAPHY: TRAVIS RATHBONE | PROP STYLING: SARAH GUIDO | HALLEY

GYM SPEAK



BONK

Verb [no object] To run out of energy, having fully depleted your glycogen stores.
Noun [the bonk] Complete exhaustion. Not as much fun as it sounds.
"I was on for a PB, but I totally bonked at mile 23."
"I forgot to take my carb gel and got the bonk."
See also: hit the wall.

PAIN CAVE

Noun and adjective An intense and unpleasant exercise session, typically intervals. Can also refer to a particularly tough stage of a run or ride. Disambiguation: not to be confused with any other kinds of masochism which may or may not take place in a pain cave.
"Not looking forward to my pain-cave hill sprints session."
"I went deep into the pain cave for that last hour." **MH**

FOOTNOTES 1 For more from Ben Greenfield, see bengreenfieldfitness.com



DO THE MATH(S)

82% of Americans don't eat healthier because they don't want to give up the foods they like
62% of Americans are overweight or obese.



ADVICE FROM BEAUTIFUL WOMEN

LATIN PRIMER

Colombian bombshell Sofia Vergara, AKA *Modern Family*'s Gloria, shows how you can cheat your way to a svelte physique

Sofia's attitude is a healthy one: she eats well *most* of the time... According to new guidelines from the Academy of Nutrition and Dietetics, "Classification of foods as 'good' or 'bad' is overly simplistic and may foster unhealthy eating behaviours." In other words, an all-or-nothing approach is likely to make you fall off the wagon.

The benefits of throwing off the nutritional shackles aren't just psychological, either.

Occasional 'cheat meals' prevent your metabolism from stalling – a common effect of dieting. Strictly monitoring your food intake also plays havoc with your hormones. Fat restriction lowers thyroid output and inhibits the production of testosterone, making it harder to maintain muscle mass. Calorie-cutting lowers leptin, the satiety hormone, and increases levels of ghrelin, the hunger hormone; eliminating carbs

can have the same effect. We believe the scientific term is 'double whammy'.

Strategic cheating will help to reset these biological factors, as well as preserve your sanity. To quote noted health authority Oscar Wilde: "Everything in moderation, including moderation." So as Sofia proves spectacularly, you can have your cake, eat it and still look great. Just be sure to wait until Friday night rolls around, won't you?

The Modern
Family's old-
school pin-up



I don't believe in diets, but I try to eat healthily. At least from Monday to Thursday. The weekends are for drinking and eating

YOUR CHEAT SHEET

1

Nutritionist Alan Aragon advises his clients to eat well 90% of the time and go wild for 10%. He suggests three options to keep the cheating under control (NB choose one)

One blowout a week totalling 2,000-3,000 calories (eg medium Domino's Pepperoni pizza, potato wedges and half a tub of Ben & Jerry's Cookie Dough ice cream).

2

Two treat meals a week, each totalling 1,000-1,500 calories (eg chicken tikka masala with pilau rice and plain naan bread; Big Mac, large portion of fries and a Coke).

3

A single daily indulgence of 200-300 calories (eg a Krispy Kreme Original Glazed doughnut) Just make sure everything else you eat that day is nutrient-dense and healthy.

A

33

The percentage increase in your risk of being overweight for every hour's difference between how much sleep you get on weekdays and on the weekend.
Current Biology

IT'S TIME TO TURN TO THE DARK SIDE



The darker your beer, the more disease-fighting antioxidants it will contain. It will also have more iron: essential for carrying oxygen around your body, reducing fatigue, aiding proper muscle function – and keeping Tony Stark in suits.
Journal of the Science of Food and Agriculture

CALM YOUR BLOOD-SUGAR LEVELS

Before you lambast that referee, a word of caution: anger raises your diabetes risk. People who lose their cool are more prone to insulin resistance, on account of the descending red mist raising hormones that hinder blood-sugar control. Don't get mad, keep your levels even.
Journal of Behavioural Medicine

BULLETINS HEALTH



RUNNY NOSE
Put down those antihistamines and hit the treadmill: allergy sufferers who ran for 30min saw their symptoms decrease by more than 70% immediately after.
Chulalongkorn University, Thailand



THROW IT BACK

You already know to eat your fill of oily fish. But there's a catch: tuna, mackerel and other large, predatory sea-dwellers are practically dripping in mercury. The solution is to sub them for herring, sardines and anchovies. They may be small but they're just as high in omega-3s, found a Scandinavian study. (The latest on the cure-oils: they stop you getting colds.) And because the tiddlers are lower on the food chain, they're lower in toxic metals, too. Mash them up with mustard to make a hot dressing for your greens, or eat atop an open sandwich with cream cheese, red onion and a squeeze of lemon. You'll be hooked.

MELAMINE

This chemical can leach from plastic containers, plates and utensils into your food and has been linked with kidney stones and tissue damage. Stick with ceramics and stainless steel to be on the safe side.
JAMA Internal Medicine



TABLETS FOR DEPRESSION

This could wipe the smile off iPad Mini owners' faces: multitasking with digital devices is linked to depression. People who often text, tweet and surf simultaneously have 70% more depressive symptoms. Researchers think an over-reliance on social media could cause excessive introspection. Time to switch off. **MH**
Michigan State University

WORDS: TOM STONE, JAMIE MILLAR, JULIE STEWART | PHOTOGRAPHY: LEVI BROWN



TOPMAN

A cut above.



➔ WORTH A SHOUT

Grunting makes you 7% stronger – and 100% more annoying. Maybe save it for the last rep. *Journal of Applied Sport Psychology*

MUSCLE **A**

THE BEST EXERCISE YOU'RE NOT DOING

ZERCHER SQUAT

Real men do squats. Smart men do squats that deliver a full-body workout, for six-pack abs and bigger arms

Still not sure whether you should be doing back or front squats? Allow us to enlighten you: the Zercher is the variation you should actually be using. "It offers all the benefits of a back squat, without beating up your shoulders, wrists and hips," explains PT and former

Soviet special forces instructor Pavel Tsatsouline¹. "And it works your core better than most abs-specific moves." The weight is also easier to balance due to the lower centre of gravity, reducing injuries. And you can skip the bicep curls: the Zercher will hit them hard. Suddenly 'legs day' doesn't seem so bad.



DO THIS

Perform the Zercher twice a week: do 3 sets of 3 reps on one day and 3 of 5 on the other. "You will feel ready to walk through walls," says Tsatsouline.

Make sure your back is straight, not curved, and your core is tensed throughout

Keep your fists close together or cup one hand inside the other

Shift the weight back onto your heels, feet slightly beyond shoulder-width apart

Don't wrap the bar with a towel: it's lame, plus likely to slide and hurt you

Squat until the bar touches your knees, thighs just past parallel. Pause; drive up hard

WORDS: JAMIE MILLAR | PHOTOGRAPHY AND RETOUCHING: PHILIP HAYNES (PHILIPHAYNESPHOTOGRAPHY.CO.UK) | MODEL: AITOR MANUEL ALONSO AT ATHLETIC TRAINERS: NIKE FLYKNIT, NIKE.COM | SHORTS: TOPMAN.CO.UK

THE BETTER WAY TO... PLANK

Move your elbows forwards, in line with your nose. Contract your glutes as hard as possible for the duration. "This recruits the upper and lower abs and obliques more

effectively," says trainer Brad Schoenfeld, who authored a study on the subject for the *Journal of Strength And Conditioning*. The pay-off: a stronger, leaner core. **MJR**



FOOTNOTES ¹ For more from Pavel Tsatsouline, see strongfirst.com

GYM BAG HEROES

PERFORM IN STYLE

A sweaty treadmill session doesn't mean a fashion rest day. Sharpen up with the latest kit that goes as well as it shows



BAG THE WIN

Interior pockets keep your gadgets safe and a mesh compartment helps your kit dry faster. You'll have the smartest bag in the changing room, too.

Asos Black x Puma Kit Bag, £50 (asos.com)



FLY BY KNIT

Just one knitted layer thick, these are flexible and breathable. You can even get them steamed to the shape of your foot at Nike's London flagship store.

Nike Flyknit Lunar 1+, £130 (store.nike.com)



GET SOME BOTTLE

Glass looks classier and spares you from the funny tastes and testosterone-killing BPA you get with some plastic bottles. This one comes with a shatter-proof silicone case.

Camelbak Eddy Glass, £22.50 (wiggles.co.uk)



LET LOOSE

Slim but not skin-tight, these trousers have a practical but flattering tapered fit. Leave the "meggings" at home.

Soukai Carrot Pant, £45 (asics.co.uk)



EXCEL IN SHELL

Made from recycled coconut shells, this Cocona T-shirt wicks sweat and absorbs odour.

Soukai Short-Sleeve, £25 (asics.co.uk)



SYNC YOUR GOALS

This sweat-proof monitor tracks your distance and calories burned, syncs up with your smartphone and you can change the band to match your outfit.

Fitbit Flex, £80 (fitbit.com)

TUNE YOUR STROKE

Cordless and waterproof for laps of the pool, this MP3 player will last for an hour at a time. Assuming you do.

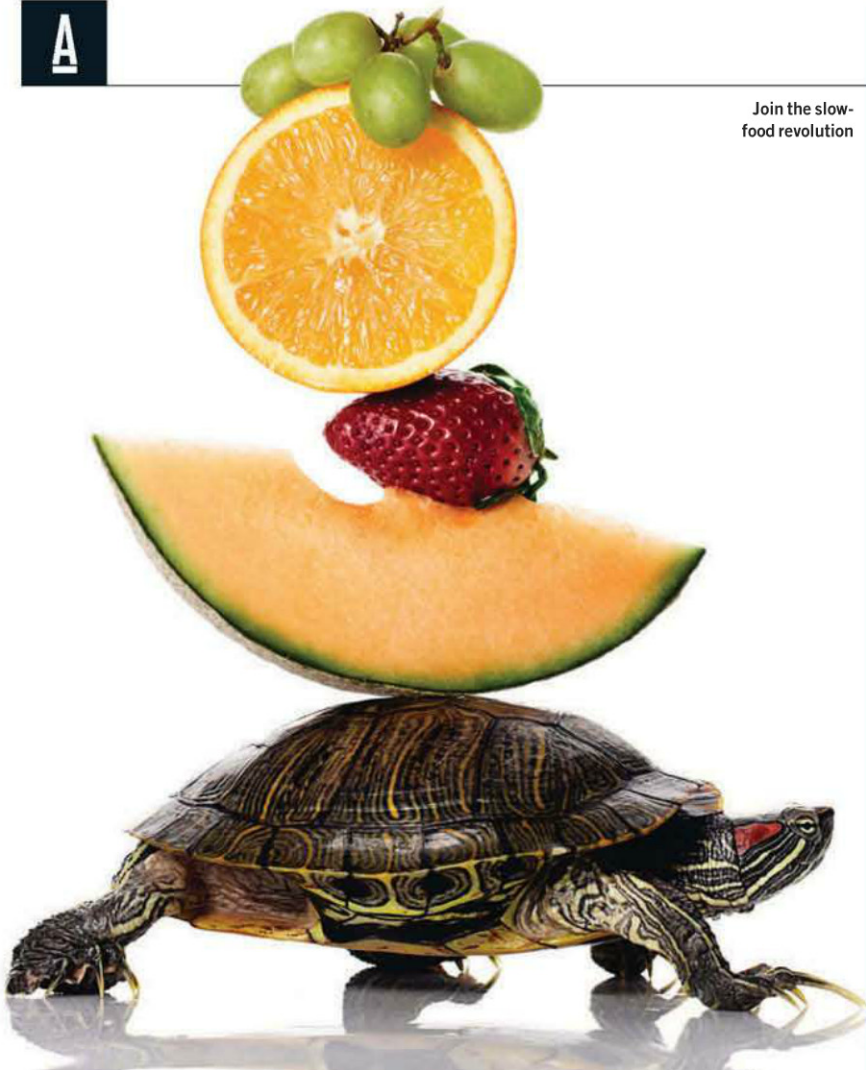
Sony W273 Walkman, £59 (sony.co.uk) M11



A full-body photograph of a man standing against a plain, light-colored wall. He is wearing a white t-shirt, olive green cargo pants, and black boots. He has extensive tattoos on his arms and neck, and is wearing black-rimmed glasses. He is holding a small, dark-colored lizard in his left hand. The text "WHAT'S YOUR INTERPRETATION?" is centered over his torso.

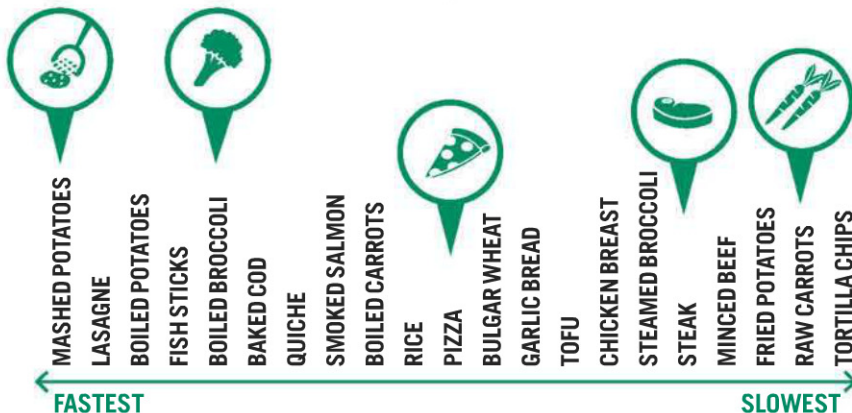
WHAT'S YOUR INTERPRETATION?

Join the slow-food revolution



SLOW AND STEADY SLIMS THE WAIST

Scoffing your sandwich at desk hardly qualifies as a lunch break. But there's a way you can make it work for you. New research published in the journal *Appetite* shows that eating slowly at lunch cuts your mid-afternoon snacking. Subjects who **chewed each bite of their lunchtime sandwich for 30 seconds snacked half as much later in the day as those who masticated at their regular break-neck speed.** If you're hungry for more, a study in the same journal gauged people's eating pace for 35 different foods. Here's an appetiser...



HUNGRY BIRDS

Playing games on your phone helps you ignore unhealthy cravings by keeping your brain occupied. As long as you don't then dial Domino's. *Journal of Personality & Social Psychology*



THIN DOWN YOUR SOUP

If you think a chunky soup would be more filling than a pureed one, you're wrong. According to science, slurping smooth soup makes you feel fuller afterwards, as it allows for faster absorption of nutrients, yet simultaneously slows gastric emptying. So if you're peckish, best consume consommé. *European Journal of Clinical Nutrition*

30

The percentage decrease in insulin's ability to turn fat into fuel after four nights of missed sleep. **Nightmare.** *Annals of Internal Medicine*

BONE UP AND LOSE YOUR BELLY

A strong frame leads to a smaller one. Men with the highest levels of skeleton-building protein osteocalcin have 17% less visceral fat – the kind that strangles your organs in an adipose death grip – than men with the lowest levels. Scientists speculate that osteocalcin doubles up as a metabolism-regulator. Drizzling extra-virgin olive oil over your salads every day will see your levels jump up. **HE** *Clinical Endocrinology and Metabolism*

BULLETINS WEIGHT LOSS



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Model shown ADAM JAM 1.2i 16v VVT £11,255 plus Metallic Paint £525, 17" Hurricane Alloys £300, Roof Colour Pack £200, Chrome Pack £125, Black Logo Bar £100, Splat Graphics on A+C Pillars £150, White Door Mirrors with Splat Graphics £100, Exterior Light Pack £200, Rear View Mirror Splat Graphic £50, Advanced Park Assist inc. Side Blind Spot Detection £450. Total OTR cost £13,455. Vauxhall Lifetime Warranty covers lifetime ownership of first registered keeper, 100,000 mile limit. Terms and conditions apply. Visit www.vauxhall.co.uk/warranty

EDITED BY IAN TAYLOR

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CORE

EXPERIMENTS ON HUMANS!

THE MHLAB

Eight men just like you put their bodies on the line to test the latest trends in health and fitness. The experiment: do they actually work in real life? The results are in. We tried it. Should you?



Only journalists were harmed in the making of this magazine

EDITED BY IAN TAYLOR | PHOTOGRAPHY: DAVID ABRAMSON (DAVIDABRAMSON.CO.UK) | MODEL: KIRTS AT NEXT MODEL MANAGEMENT | STYLING: GARY SALTER | GROOMING: USING KIEHL'S | ILLUSTRATION: SPOOKY PODKHA AT DEBUT ART

LAB RAT PROFILE

NAME	DR MICHAEL MOSLEY
AGE	FIFTY SIX
JOB	PHYSICIAN JOURNALIST



MH APPROVED

DOES FASTING REALLY WORK?



Lose body fat and live longer on a regime that only involves dieting two days a week

The trouble with diets is not just the lack of food. It's the admin. The discipline. The sheer arithmetic, in many cases. If we could trim that down, perhaps cutting back on the food itself would be more palatable. That's what I sought to find out when I tested intermittent fasting.

With this diet, instead of stressing about calories every hour of every day, you restrict your intake for two days a week. The idea is that, in the wild, periods of feast and famine are entirely normal. Our ancestors didn't eat four or five small meals a day. Instead they would kill, gorge and then go for long periods without anything to eat. A growing body of scientific research suggests that following their lead offers speedy weight loss, along with heart, brain and cancer protection. My plan is what I call the 5:2 or 'fast' diet. I eat normally five days a week; then on two days I eat just 600 calories. That's a quarter of my normal intake (2,500 is the recommended daily allowance for an adult man), split between breakfast and an evening meal. I start my day with a couple of scrambled eggs or an omelette with ham (300kcal), then drink loads of water, black or herbal tea and

black coffee during the day. Then it's an evening meal with my family around 7.30pm, eating lots of vegetables and some meat (the other 300). On non-fasting days I forget I'm on a 'diet' and eat normally: the occasional pizza, cake or biscuits (although my tastes have shifted to more healthy foods).

The results from my initial six-week experiment were, frankly, astonishing (see the chart, below). As well as losing more than a stone, there were serious reductions in my body-fat percentage and once-worrying markers of diabetes (blood glucose) and heart disease (LDL cholesterol). Yes, there's still a degree of admin; a little discipline involved, too. But only twice a week. And I fast for no more than 12-hours at a time.

Since the experiment, I have continued on a 'maintenance dose', 6:1 – that's only one day of reduced calories a week. I feel fantastic. When I have a blow-out I return to 5:2 until the weight drops off. If you're carrying a little too much timbre and lacking the discipline to diet, give yourself a break and go part-time. **MH**

THE RESULTS

	Before	After
Weight	187lb	168lb
Body fat	28%	19%
Blood glucose	7.3mmol/l	5.0mmol/l
LDL cholesterol	5.5mmol/l	3.6mmol/l

EXPERIMENT ON YOURSELF

Strip fat and cut your risk of heart disease – if you're happy to go hungry. This is what 600kcal a day looks like

200
+
400

2 Weetabix; grilled fish and veg

450
+
150

steak sandwich; 2 apples

350
+
250

2 chicken breasts; smoothie

another

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LAB RAT PROFILE

NAME	STEVE WESTLAKE
AGE	FORTY ONE
JOB	CHIEF SUB-EDITOR
	CARDIO FIEND



CAN I FREEZE MYSELF FIT?

Cryotherapy is used by elite sportsmen to recover quicker and train harder. But you can use it to boost your performance, too

The dial reads -135°C. I'm about to step into a cryochamber swirling with dry ice that's colder than any natural environment on Earth. If I believe the hype, the next three excruciating minutes will transform me into some kind of superbeing. My muscles will be revived and recharged, allowing me to train again sooner and harder, and I'll achieve new peaks of strength and speed as a result.

I did a punishing gym workout yesterday and, instead of leaving the usual four or more days before repeating my session, to test the claims I plan to do exactly the same exercises today after a visit to the cryotherapy chamber.

The reported benefits have seen sportsmen in increasing numbers using the icy treatment as part of their training. The Welsh rugby team famously used it ahead of their dazzling 2011 World Cup campaign. And the chamber I'm about to step into at the Champneys Health Spa in Hertfordshire has been visited by Jessica Ennis, Theo Walcott,

numerous Spurs players, F1 driver Mark Webber and Alice Cooper (yes, that one).

I'm on edge, fearful of the shock this is going to inflict on my body. Previously, I've jumped into near-freezing water, and sat in cold baths while preparing for a marathon. Neither was pleasant, but those involved temperatures with a reassuring '+' in front of them. Now I'm about to spend 40 seconds at -85°C and three minutes at -135°C, dressed in special clothes to protect vulnerable areas: two pairs of socks, leggings, two pairs of towelling shorts (vital, those), gloves, forearm sleeves, and a headband. My torso is bare.

COLD, HARD FACTS

Cryotherapy is certainly in vogue among athletes, but not everyone's convinced it actually makes you stronger. "Randomised studies have shown cold water immersion [the ice-bath equivalent of cryotherapy] is better than doing nothing after sport because it reduces muscle soreness by 10-15%," says Dr Chris Bleakley, a sports scientist at University of Ulster Sports Academy. "But it

BACK TO
YOUR BEST,
FASTER

COOLING OFF

As your skin and muscles cool, your body draws blood from the surface towards the core, taking with it waste products and the lactic acid built up during exercise.

HEATING UP

As you warm up after the treatment, blood returns to the surface, which has a 'flushing' effect on your muscles. They recover quicker and hurt less.

THE RESULT

You can train sooner and harder than you normally would.

EXPERIMENT ON YOURSELF

1

GO FROM 10K TO MARATHON

Before cryotherapy

You run three times per week, with little structure to your training.

After Increase this to five runs, with one speed session, one tempo run and one long run. Use cryotherapy or take an ice bath after each of the three 'special' sessions to help muscles recover.

2

BUILD YOUR HOLIDAY BODY

Before cryotherapy

You're in the gym twice a week, chipping away at that six-pack.

After Up this to four weekly sessions, including hypertrophy training. Try using cold therapy after each workout to aid recovery and prep your muscles for the next session.

3

RECOVER FROM ANY INJURY

Before cryotherapy

After an injury last season, you want to get back in the game. Fast.

After Treat old and new injuries with localised cryotherapy (ice packs or cold-therapy machines such as Game Ready, gameready.co.uk). This reduces inflammation and aids tissue repair.

Too sore for the gym? That cuts no ice with us

The cryochamber involves three minutes at

-135°C

Your body's survival reaction to the cold actually speeds up recovery from exertion

doesn't have a significant effect on other measures of sporting performance."

In his research, Bleakley says, muscle power and other markers showed no real improvements that were directly attributable to cryotherapy. "It leads some people to conclude that it's reducing subjective measures such as muscle soreness – but it doesn't have a big effect aside from that."

That doesn't fill me with confidence as the dry ice envelops me. I try not to think of Han Solo going into carbonite and force myself to focus on those athletes who swear by this treatment. If it helps them to train harder and more often then it could work for me too.

FROZEN ASSETS

The experience is a pleasant surprise. It's very cold, of course, but it's not like the body-paralysing, breathtaking shock you get when you jump into freezing water. The plunge here is more subtle: my skin temperature falls to 5°C but it happens gradually. After 40 seconds at -135°C I start to shiver, my teeth chatter, ice begins to form on my arm hairs.

After two-and-a-half minutes I definitely want to get out, but it isn't the frostbitten torment I was expecting. If I had the choice between this and 10 minutes sitting in an ice bath, I'd take the cryochamber every time.

During my post-cryo workout, I feel strong. I'm able to replicate my training programme from the day before. However, I can also still feel the muscle soreness from yesterday and repeating the same exercises feels possible, but not really sensible. My body still needs rest. That said, if you're upping your training and combining it with other suitable recovery methods (a good diet, sleep, stretching) then the evidence, from my own teeth-chattering experiment and those of the sports science world, says it will help you deal with the increase in intensity. If I had an important training goal, I would definitely use cryotherapy to speed my recovery, but at £50 a session, it's more likely I'll get my next ice edge from a five-minute cold shower. **ME**

LAB RAT PROFILE

NAME	DR ANDERS SANDBERG
AGE	FORTY
JOB	OXFORD UNIVERSITY RESEARCHER NEUROSCIENTIST

MH APPROVED

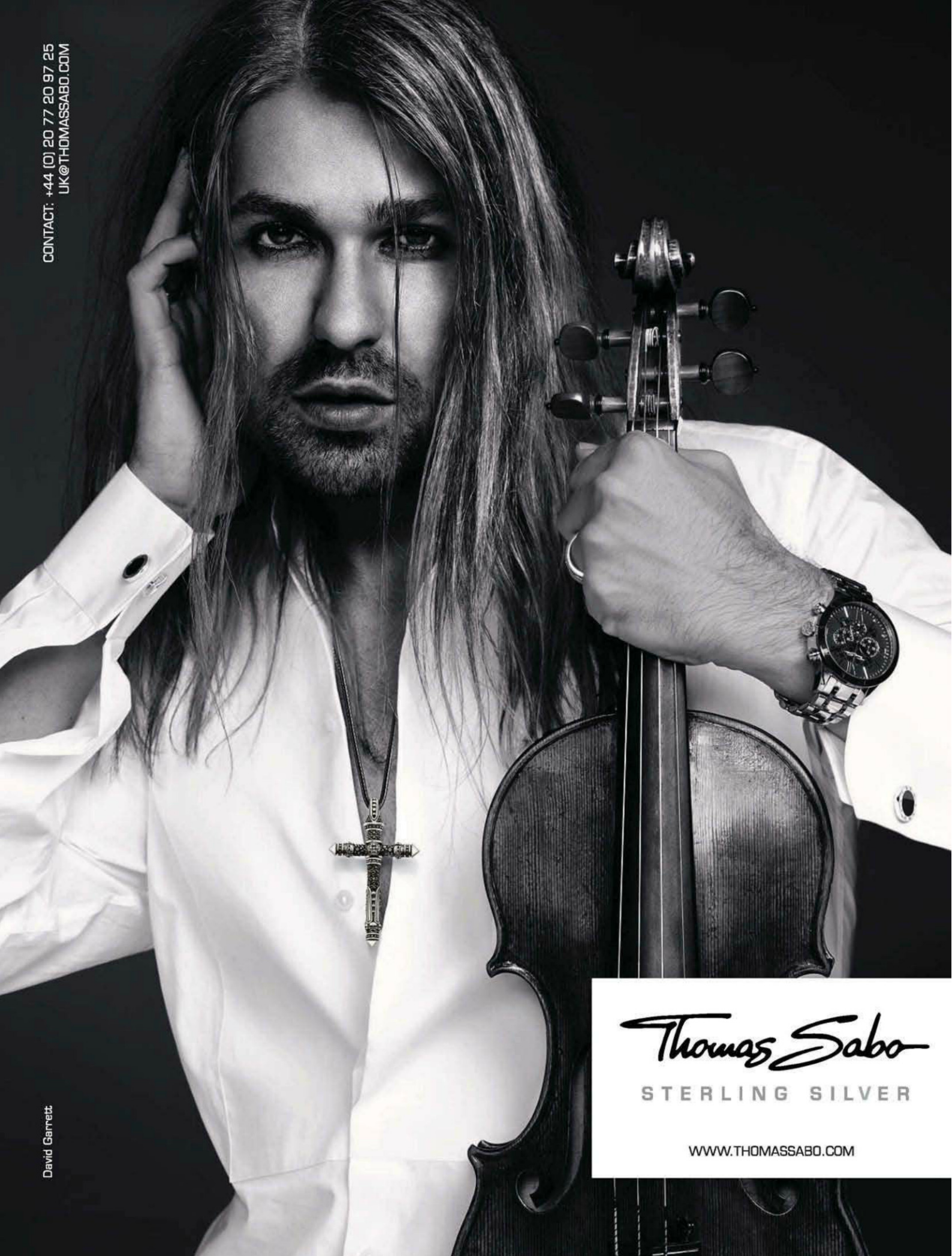
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Your formula
for a Limitless
mental performance

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Have a month or two off when you finish a sample. If your brain adapts to them, the effect weakens. Like a caffeine habit, you may need it just to get going in the morning. **MR**

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1. JJVC Data on file 2012. 2. JJVC Data on file 2010. Physiological response of neophytes with a daily disposable silicone hydrogel lens. 1-year prospective randomised, double-masked, parallel group study, results after 12 months, n=48. ACUVUE®, 1-DAY ACUVUE® TruEye® and SEE WHAT COULD BE® are registered trademarks of Johnson & Johnson Medical Ltd. © Johnson & Johnson Medical Ltd. 2013.

LAB RAT PROFILE

NAME	MIKE SHALLCROSS
AGE	FORTY FOUR
JOB	DEPUTY EDITOR
	EXHAUSTED FATHER OF TWO



CAN I REGAIN INSTANT YOUTH?

Botox promises a miraculous reversal of the ageing process. But can it really erase the scars of stress and long hours at the office? A sleep-deprived dad finds out



I've never been one to worry about ageing. Since turning 40 I've embraced the lines on my forehead like the patina on a favourite brogue or the crackle as the needle hits a well-played 12-inch. If you can understand what I'm talking about, then maybe you're a candidate for Botox too.

The lines that began to niggle though, were the ones under my eyes, which looked not so much like badges of experience as scars of weariness. And so I find myself before Dr Frances Prenna Jones wondering whether that fatigue can be expunged. She quickly irons out a few common worries. No, she will not be injecting poison directly into my forehead, and I'm not going to trade my facial expressions for a lineless look.

What actually happens is that a small quantity of botulinum toxin blocks out the nerve impulses to a few of the tiny facial muscles that control our expressions. By targeting them carefully, regular facial

movements remain unaffected while the skin becomes smooth and unwrinkled. With three swift injections, my treatment is complete.

The initial impression is one of anticlimax. There's no instant transformation, and the lack of side effects (I bizarrely expected my face to freeze like a dentist's gum jab) adds to my scepticism. But within a week I notice the difference. The lines around my eyes have smoothed out and my forehead flexes rather than crumples. The

best compliment I get is that I look "well-rested" – no mean feat when my two-year-old has taken to awaking me at 6.30 every morning in the style of Inspector Clouseau's manservant Cato.

More positive feedback comes when *Men's Health* takes my before-and-after shots out onto the streets. The consensus is that I look on average five years younger in the after shot. And who am I to argue with the masses?

To erase lines of your own, look for a practitioner with medical credentials, and remember the maxim that less is more. You'll get just a little fresh-faced edge back. The rub is that it's a temporary fix. After three months or so, you could be looking at a top up at £200 a pop. The youth that Oscar Wilde felt was wasted on the young could become an expensive habit for the rest of us. **MH**

THE CONSENSUS IS THAT I LOOK ON AVERAGE FIVE YEARS YOUNGER IN THE AFTER SHOT

BEFORE



Just three injections...

AFTER



... for a sharper look

HOW CAN I MAKE A DESK JOB HEALTHY?

Spending all day in a chair can shorten your life, even if you hit the gym come 5pm. One worried staffer refits the *MH* office

Desk jockeys, your attention please: if you work at a computer, you might want to

stand up while you read this. Because sitting down all day is killing you.

Men who regularly sit for more than six hours a day are 20% more likely to die over a given period, compared to those who sit for just three. Now consider that the average man spends 9.3 hours a day sitting down – far outweighing the 7.7 hours he spends asleep.

If you have a desk job, you're twice as likely to contract cardiovascular disease than people with standing jobs. You're also more likely to develop colon cancer and obesity. Your risk of diabetes increases by a staggering 112%, according to one study. All because your default position is to park it. So when the opportunity arose to test a standing desk, I jumped (out of my seat) at the chance.

WORKSPACE EXPLORATION

After a quick spot of Googling, I plump for an Ergotron WorkFit-A, partly because it sounds cool but mainly because of its versatility. A sort of metallic crane arm which attaches to the back of my desk, it has a fixture to attach my monitor and a platform for my keyboard, which allows me to move the whole assembly up and down at will. It costs about the same as an ergonomic office chair (about £300) and is straightforward to assemble (or so the guy from facilities tells me). It looks a bit like Sheldon's "Mobile Virtual Presence Device" from *The Big Bang Theory* (or Johnny Five for older readers).

When seated, good cholesterol drops 20% after 2 hours

Rate of calories burned falls to about 1 per minute

Lipase, an enzyme that processes fat, drops 90%



LAB RAT PROFILE

NAME	JAMIE MILLAR
AGE	TWENTY EIGHT
JOB	COMMISSIONING EDITOR
	OFFICE WORKER



MH APPROVED

Standing
you burn
40% more
calories

Your body
breaks down
more fat and
cholesterol

Your risk
of colon cancer
is significantly
reduced

STANDING TRIAL

Rising up out of my office chair in one fluid, mechanically assisted motion, I feel like Neo in *The Matrix*: suddenly unplugged. I am The One – well, the only one in the room standing tall amid a sea of hunched backs. I feel a tad self-conscious at first, a sensation not eased by the constant stream of curious passers-by. What I don't feel is the usual lower-back ache, which I spend my evenings foam-rolling out on my front-room floor.

Other benefits are immediately apparent. I find I'm more focused on the task at hand, if only because every time I log onto Facebook or the Mail Online, I'm aware that everyone else can see what I'm doing.

Self-consciousness aside, standing is remarkably comfortable. It's not ideal for

tasks which require intense concentration, such as writing or editing. (I'm sitting as I type this.) But for sorting through my emails, reading documents and answering phone calls – the bulk of most office jobs – I definitely prefer it. Plus my desk is by far the coolest in the office.

Seated, my heart rate hovers around 60bpm (excepting a spike of 84 during an awkward conversation about deadlines). Standing, it's at least 10bpm higher. **Every minute I stay standing I burn 40% more calories than I do on my backside.** I use up around 350 calories in 2.5 hours; over a year that would see me shed 10lb. And as my body fat slowly disappears, so my risk of heart disease also begins to fall. So rise up, I say. This is worth a revolution.

EXPERIMENT ON YOURSELF

ERGOTRON WORKFIT-A

From £300 (ergotron.com)
A crane arm lets you set the work station to your height, or sit back down if you want to stay under the radar.



WILKHAHN STITZ STOOL

£TBC (020 7324 2900)
Less a chair, more a leaning post resting on a Bosu ball. This unstable stool will keep you flexing your core all day.



OFFICE FITNESS STAND

£39 (officefitness.co.uk)
A go-go-gadget set of legs for your laptop, this lets you work standing up without refitting the entire office. **MH**



LAB RAT PROFILE

NAME	MARK SANSOM
AGE	TWENTY EIGHT
JOB	SENIOR FEATURES WRITER
	RED-BLOODED MALE



MH APPROVED

CAN SEDUCTION BE TAUGHT?

Professional pick-up artists claim they can teach any man how to win over a woman in 20 minutes. One *MH* writer signs up for pulling classes

It's 11pm. Rows of unsuspecting girls dance, warm chardonnay in hand, unaware of the rookie recruits moving in around them.

Tonight, this club is a live-ammo training ground where cadets of Rob King's pick-up artist bootcamp are graduating from shy social cripples to masters of seduction.

An hour ago, in a classroom in Mayfair, this seemed unlikely. My fellow students could barely muster the confidence to speak to me, never mind one of the walking, talking leopard-print dresses around us now. **Armed with a headful of tactics, they're different men.**

King offers a battery of opening lines and linguistic tricks designed to make women 'invest' in your conversation. The word 'or' is deployed to dazzling effect. "Are you a student or..." "Is this a celebration or..." The theory is that, by finishing your sentence, she becomes more engaged.

Likewise, another verbal curveball turns an introvert into a prize commodity. "I can only stay a minute," one guy says on his approach. This opener supposedly increases the attention she'll pay

you in the vital first seconds of an exchange. Even when those conversations don't work out, I see King's recruits walk away with more confidence, not less.

One supposedly charmless man tells a group of women they remind him of *Sex and the City* – another set-up. You ask which of the bunch would be the Samantha character. She, you can safely surmise, is your easiest target. Alas, it doesn't work: he forgets the characters' names and shuffles off.

His classmates are faring better, though. One is at the bar talking to a leggy blonde. Another has his hand nervously on a girl's waist. I overhear one guy whose confidence was particularly brittle beguile a woman by asking her what's good at the bar. When she replies by asking what kind of thing he likes, he looks her dead in the eye and says, "Adventure." Minutes later, his tongue is in her mouth.

Time and again, lines I had dismissed as cheesy or manipulative bring in results. **By the end of the night, surprisingly every student has scored.** Don't get me wrong, it is cheesy and manipulative, but for men low in confidence, it's export-strength Dutch courage. Tonight's reward may be a series of wine-tinted kisses, but the self-esteem that comes with them is the real pull.

EXPERIMENT ON YOURSELF

Or rather, the women you meet. Test these rules from pick-up artist Rob King

MAKE HER THINK

Disarm her with a question that forces her to consider a response. "On a scale of 1-54, how rubbish is this DJ?" The more she buys into the conversation, the better the chance of things going further.

BIDE YOUR TIME

Offer no drinks – and ask for no digits – until at least 2min into a conversation. This says that she has to impress you just as much as the other way around.

GET PHYSICAL

Bear in mind that height is more attractive than musculature, according to Utah University research. Do yoga twice a week to correct bad posture.

SET THE BAR HIGH

Once conversation is flowing, ask pointed questions such as, "Do you eat healthily?" or "Do you run?" They hint that you have high standards, making you more attractive in her eyes.

BE MORE CONFIDENT

Try high-intensity exercise before heading out. Research in the *Journal of Health Psychology* found that you exude more confidence in the hours after a workout. **MH**

Amp up your
powers of
attraction

TIME AND AGAIN
LINES I HAD
DISMISSED AS
CHEESY AND
MANIPULATIVE
BRING IN
RESULTS

FIND CLASSES AT PUAMETHOD.COM | PHOTOGRAPHY: MARTHA PAVLIDOU AT WEARESTUDIO33.COM | HAIR AND MAKE-UP: GINA ANDERSON AT LHA REPRESENTS | STYLIST: GRAHAM CRUZ AT LHA REPRESENTS | MODEL: TILLIE AT NEVS CLOTHING: BODY SUIT BY AMERICAN APPAREL | CRYSTAL AND SILVER CUFF BY FIORELLI AT H SAMUEL | SHOES BY GIANNI MARCO LORENZINI | CGI: SPOOKY POOKA AT DEBUT ART | DIGITAL COMPOSITION: PETER SMITH AT PRE MEDIA



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Joe Hart,
England Goalkeeper



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*Visible flakes seen at 2w with regular use. †Itch associated with dandruff.



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THE TASTE OF
CRANBERRY, LIME OR BLUEBERRY.
THE EFFECT OF RED BULL.

LAB RAT PROFILE

NAME	EDWARD VANSTONE
AGE	TWENTY EIGHT
JOB	WEB EDITOR
	ANGER SPECIALIST



CAN I BUY A BETTER MINDSET?

Brits spend millions every year on unproven therapy for everything from stress to addiction. We sent one angry *MH* staffer to test NLP

Our brains are supercomputers, mine requires a new firewall. The tiniest things send me into paroxysms of anger and anxiety. A bottle of gone-off milk. A bit of drizzle. George Osborne. I want to recalibrate the way I think so I can deal with even the most stressful events with Dalai Lama-like serenity. It's a big ask.

But then neuro-linguistic programming (NLP), the controversial therapy I turn to for my mental MOT, makes some pretty big promises, claiming to fix anything from chronic anxiety to addiction. I visit David Shephard, an NLP Master Trainer who says that in a single five-hour 'breakthrough' session he can conquer phobias, eradicate bad habits and crush negative thought patterns. Permanently. No medicines, no regular commitment. Just £10,000.

This seems steep – but perhaps that's my negative thoughts creeping in. Millions of people all over the world have turned to NLP to tackle everything from securing a promotion to major mental health issues. I resolve to give it a try and, pleading scientific inquiry, Shephard agrees to give me a trial.

SIFTING THROUGH THE BAGGAGE

It's the simplicity behind NLP that's so compelling. The conscious mind, Shephard tells me, is a chump. It's our subconscious that rules the brainwaves: generating our instincts and emotions, driving our actions. So, to tackle my anger, I've got to glove up and go toe-to-toe with my unconscious.

Over a 90-minute session we meticulously work our way through my personal issues, determining my priorities and exploring whether they are driven by my goals or by negative emotions. It's not fun. It's therapy. But while it's interesting to see my psyche laid

out in front of me, it's not quite the cerebral feng shui I was hoping for. Then, things get very strange indeed: timeline therapy.

I fly high above a yellow field of crops in which a young boy stands, cowering from Death. This, my unconscious mind is telling me, is the source of my fear. The boy is me, apparently, in a previous life. By experiencing his terror I can eradicate both it and the negativity it has bred through the centuries.

This, of course, is ludicrous to me. I can feel anger building. But then, that's just what my stupid, conscious mind would normally do... I park my disbelief and, guided by Shephard, zip back and forth through history laying merry waste to the origins of my negative emotions.

The scepticism of my dim, conscious mind is too strong. I resist throughout and leave unsatisfied. If you make big claims you have to be able to deliver on them *every* time. Especially if you're charging a Premier league footballer's hourly rate. To me, the frankly astronomical fee smacks of a desperate poker player going all in with a dud hand. Sometimes the big bluff is enough to convince; often you get called on it.

My understanding of the driving forces behind my anger has undoubtedly improved. And there are specific techniques (see right) that I find can temporarily help to calm the cerebral storm. But, sadly, it's going to take more than a few journeys into my past lives to stop George Osborne's face inciting my fury. And if I was £10,000 down right now, I suspect I'd be even more angry than usual.

EXPERIMENT ON YOURSELF

If you can't be doing with past lives, try these more entry-level NLP techniques

IMPROVE YOUR FOCUS

When you find yourself distracted from a task, stop and imagine a ball floating above your head for 30-60sec. "You'll notice your breathing slow down and an increased sense of relaxation," explains Shephard.

ERADICATE ANXIETY

"Anxiety is created by imagining something bad happening in your future," says Shephard. Picture your future as a line you can float over and visualise yourself 15min after the event you feel anxious about has gone perfectly.

BUILD CONFIDENCE

"Our emotional state and physiology are intricately linked," says Shephard.

Forcing yourself to smile before a stressful meeting will settle your nerves, while adopting a dominant pose boosts self-assurance. **MH**

To find a practitioner near you, go to anlp.org



Can NLP re-boot your brain?



LAB RAT PROFILE

NAME	DAVID MORTON
AGE	TWENTY NINE
JOB	FEATURES EDITOR
	LAPSED GYM-GOER



CAN I GET IN SHAPE WITHOUT WEIGHTS?

When you're stuck for time and space, here's how to build the physique you want from the (relative) comfort of home

First a confession: as a writer for this magazine I've been setting a poor example of late. Work pressures and social life have come between me and the gym, despite its guilt-inducing automated text messages. Change was required. I needed a short, sharp shock of a programme – one I could execute anywhere.

The splendidly named bodyweight trainer Diego Core came to the rescue. He gave me six exercises (below left) designed to cut fat and tone muscle.

Happily for my downstairs neighbours, old chestnuts such as the burpee were not on the list. But their deceptively simple replacements left me red-faced. All had to be executed to tabata principles: 20sec on, 10sec rest, repeating each move four times – with an insistence on correct form. A torso rotation executed with yogic ease by Diego reduced me to a pathetic heap of knotted limbs. A lazy-looking box press-up was a geometrical conundrum of correct elbow angles.

But I soon got used to the movements, packing in sessions after a late finish at work or in quick lunch trips to the gym, where, for once, I didn't have to compete for machines.

After a month, I've lost 2kg of winter 'insulation'. Given that I've not made any other lifestyle changes, I'm happy. Apart from aches after the first couple of workouts, I'm free of soreness (another advantage of dropping the metal plates). I'm training for **purpose, not power. Whatever your goals, I'd recommend at least an interlude with bodyweight training – whether you're short of precious time like me or not.**

Use Diego's fast bodyweight circuit (left) to work your entire body. Do each exercise for 20sec on, 10 sec off, then repeat eight times. Rest for 1min between circuits. You'll be fitter in no time, and with no weights. **EH**

AFTER A MONTH I'VE LOST 2KG. GIVEN THAT I'VE NOT MADE ANY OTHER CHANGES, I'M HAPPY

EXPERIMENT ON YOURSELF

PUSH PLANK

Arms, shoulders, core

Kneel with your forearms on the floor, then drive forwards, bending your elbows and raising your forearms. Finish in the position shown. Return.



TORSO ROTATION

Core, hips

Crouch with your palms on the floor. Twist your hips, taking your knees to either side. You'll carve a core more stable than a banker's income.



BOX PRESS-UP

Arms, chest

Kneel, place your hands on a box and perform a press-up. This works your whole upper body – plus the Ikea crate storing your spare linen.



SPIDER ROCK

Core

Sit on the floor and grab your shins. Rock back, then return to the start, bringing your torso into your legs. The tension chisels out your abs.



THE TABLE

Glutes, back

Sit on the floor, legs bent, arms straight and fingers facing forwards. Drive your hips up to add strength to your glutes and back. Lower again.



LUNGE

Legs, glutes

Stand with your arms bent then step forwards. Lower until your knee is bent to 90 degrees. Repeat with the other leg for explosive power.





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Men'sHealth

POWER LIST

MAY 2013

↓
TRANSFORM
YOUR BODY
IN THE GREAT
OUTDOORS

EDITED BY IAN TAYLOR

01

BURN MORE FAT WITH EVERY STEP

The trouble with taking the high ground is that it's hell on your ankles. "Scrambling over rocky, uneven terrain naturally strengthens the tendons and ligaments in your legs and ankles," says mountain guide Martin Chester. It also burns around 200 extra calories per hour compared with walking on the flat. "You can't underestimate the importance of the right footwear." These waterproof boots have a self-cleaning coating and multi-directional lugs on the sole to give you greater purchase on the terrain – they'll protect your ankles and strip fat at the same. *Mammut T Advanced GTX boot, £150 (mammut.ch) ▶*



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ASCEND THE RANKS FOR A V-SHAPE BODY

Climbing builds strength and definition across your upper body. Reach your physical summit with these moves from coach Robbie Phillips

1 TYPEWRITER PULL-UP

Pull yourself up to the bar until your elbows are bent at 90 degrees (A), then shift to your right until your chin is level with your right hand (B). Hold for 3sec, repeat to the left, then lower. Work your way up to 7 reps and you'll have summit for the weekend: namely powerful shoulders.



2 LEG-OVER

Grip a pull-up bar (A) and slowly raise your legs in a half-arch from one side until they're straight out in front of you at 90 degrees (B). This improves grip and core strength simultaneously. Perform 10-20 reps on both sides, and remember Stallone's advice from *Cliffhanger*: hang on.



3 FRENCHIES

Pull up to chin-level with the bar. Hold for 5sec (A) then do another pull-up, this time lowering until you have a 90-degree bend in your elbows (B). Pause for 5sec. Repeat to a 120-degree bend, holding for a further 5sec. Do 4 full cycles until your arms are knackered – but much stronger.



WORK OUT IN NATURE'S GYM

03

FUEL YOUR ADVENTURE

Sports nutritionist Renee McGregor packs the ideal lunch for a day in the wild



SHORT, SHARP ADRENALINE
Oatcakes +

peanut butter + banana

If you're surfing, biking downhill or throwing yourself into another short, intensive activity, this gives you all the buzz you need.



THE ALL-DAYER
Wholewheat wraps + beef

strips + pinto beans +

guacamole This filling and tasty mix of complex carbs and protein ensures you have lasting energy for a hike, endurance ride and any other all-day jaunt.



ACTIVE RECOVERY
400ml Semi-skimmed milk

Nature's protein-packed post-workout drink: milk was found to be more conducive to recovery than sugary sports drinks, found *The Journal of the International Society of Sports Nutrition*.

04

TAME THE RIVER FOR BIGGER ARMS

Kayaking builds muscle and is at least 20 times more fun than bicep curls. Use these tips from kayak instructor Andy Turton



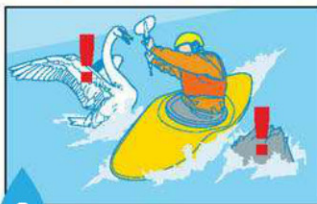
1 GET INTO TOUCH

Connect with the boat with as many parts of your body as possible: feet, bum, hips, knees and thighs. Maintaining a gentle forward lean will help you stay in position. So you're in control – not the rapids.



2 SAVE ENERGY...

Focus on the place you want to get to when you paddle. Pick something in the distance (ideally not a waterfall) and keep your eyes on it. You'll hold a steady course – and save energy – without even trying.



3 ...FOR WHEN YOU NEED IT

Protruding obstacles change the flow of the river, so when you notice them, prepare to pick up speed and use the paddles to guide you out of trouble zones. That goes for demonic swans as much as submerged rocks.



THE UK'S TOP 5 RIVERS

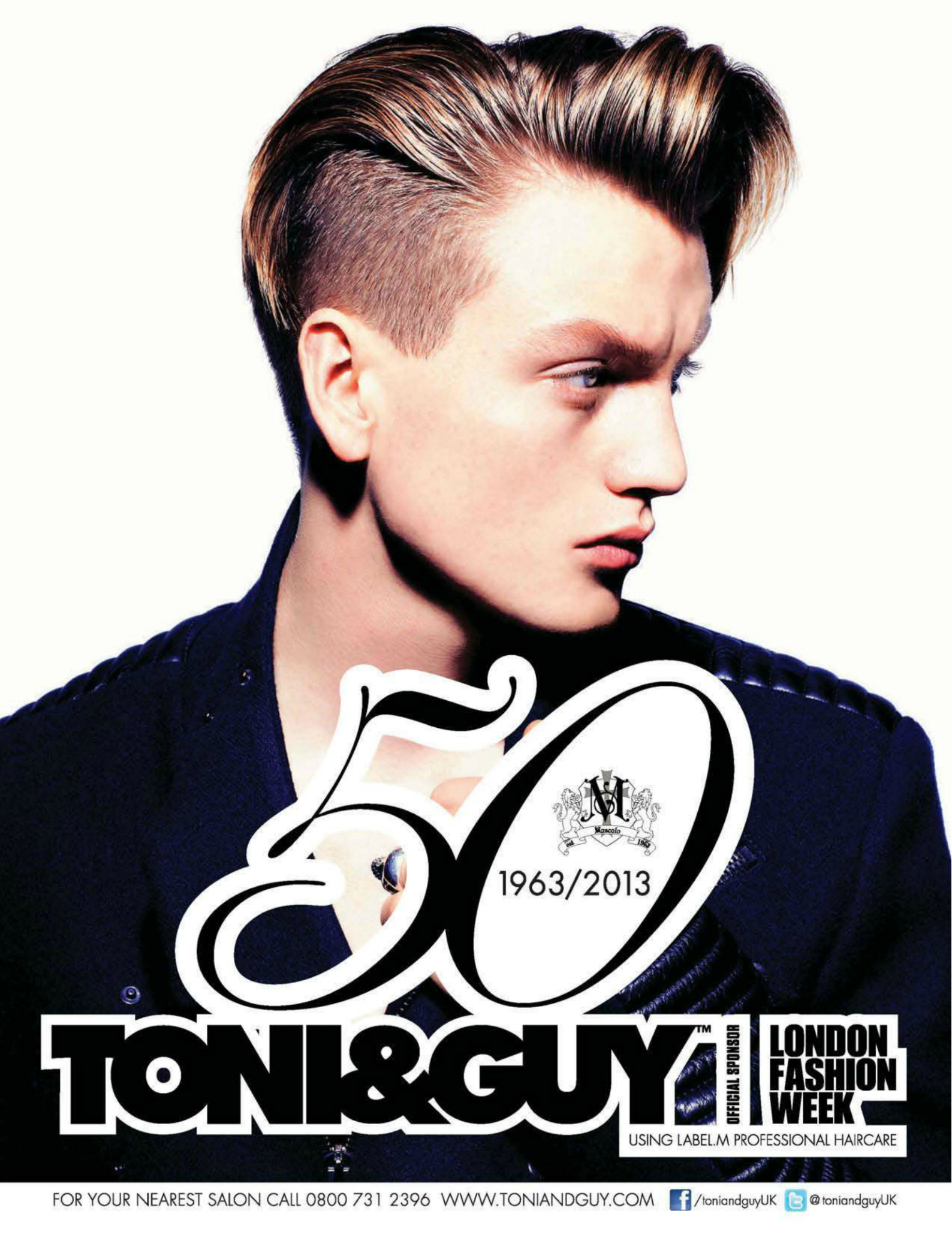
1 RIVER AFON CONWY, SNOWDONIA
SPEED 4/5 DIFFICULTY 5/5

2 RIVER WYE, HEREFORDSHIRE
SPEED 2/5 DIFFICULTY 1/5

3 RIVER PLYM, DEVON
SPEED 3/5 DIFFICULTY 5/5

4 RIVER TIVE, GLEN TIVE
SPEED 4/5 DIFFICULTY 5/5

5 RIVER ORCHY, ARGYLL
SPEED 5/5 DIFFICULTY 3/5



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05 A DOSE OF NATURAL MEDICINE

Your mum was right about fresh air – simply being outdoors strengthens your immunity, cuts stress levels and improves your athletic abilities. All you have to do is get out there



Leave running injuries trailing in your wake

THE OPEN-AIR PERFORMANCE ENHANCER

A study at the University of Exeter found that when you exercise in a green environment, you suffer less fatigue. Plus, running off-road is 35% easier on your joints than continuously pounding the pavement.

WHERE TO GO "I regularly run from Keswick in Lancashire up to England's highest peak, Scafell Pike," says Ricky Lightfoot a pro trail runner with Salomon. "From the summit standing at over 3,000ft the trail leads down, crossing crystal clear streams and zig-zagging over the Borrowdale Valley."



It's not just the view that's uplifting

HIKE UP YOUR IMMUNE SYSTEM

The Nippon Medical School in Tokyo found that after three days' hiking in the wilderness, the number of your body's infection-killing white blood cells increases by 40% on average. Beats city-centre traffic fumes.

WHERE TO GO "For hiking, scrambling or mountaineering there is no better destination than Snowdonia National Park," says mountaineer Kenton Cool.



Improve your mood at a stroke

WASH AWAY WORRY

Further research at the University of Exeter shows that simply being near natural water improves your mood and lowers anxiety. Dorsal fins excluded.

WHERE TO GO "Porthtowan beach in Cornwall is a challenging swim," says Kate Rew, founder of the Outdoor Swimming Society. "It's the drama of being bashed by incoming waves; you feel very exposed, yet it's safe too." ►



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For your every need

06 ELIMINATE DEAD WEIGHT

MH asked today's hardest adventurers what they pack for every trip. Never leave home for the wilderness without the following...

BE WARM EVEN WHEN YOU'RE WET

This is lightweight and flexible, says pioneering mountaineer Mick Fowler, who tested the jacket on a recent Himalayan expedition. The water-repellent down also maximises warmth. "My sleeping bag got damp and cold at altitude, but the Ramche held its loft [its insulating fluffiness] and kept me warm," he says.

Berghaus Ramche, £300 (berghaus.com)

ALWAYS TAKE THE WEATHER WITH YOU

Professional explorer Mikael Strandberg always packs this portable Michael-Fish-beater. "It helps you predict conditions more accurately than you can by eye, and gives the real temperature using a wind-chill factor." Add in a barometer, altimeter and timer, and the wilderness becomes a whole lot safer (if not drier).

Silva ADC Summit, £85 (silva.se/node/85)

TAKE CONTROL OF YOUR TEMPERATURE

Polar explorer Inge Solheim recommends the weight-saving, breathable design of this Helly Hansen layer. "Temperature management is critical during sustained physical performance. It traps pockets of air, ensuring you stay totally warm, while also allowing air to move freely around your body for circulation," he says.

Helly Hansen H2 Flow, £130 (hellyhansen.com)

PACK THE DO-IT-ALL KNIFE

This is the blade Bear Grylls uses. "It has been thrashed, bashed and tested in the wild," he says. "The knife has a serrated edge for sawing and a flint so you can easily light a fire." No, using a lighter isn't as cool.

Gerber Fixed Blade Survival Knife, £50 (outdoorgb.com)

CUT WEIGHT WITHOUT SACRIFICING KIT

This pack weighs a feather-light 383g and was used by ultra-runner Lizzie Hawker in last year's Ultra Trail du Mont Blanc. "The secret is to run light," says Hawker. It takes two 0.5L bottles, has a 2L reservoir, hip pockets for snacks and a big main compartment. Helpful for the rush-hour commute, too.

North Face Enduro 13, £65 (uk.thenorthface.com)

AND DON'T FORGET YOUR SMARTPHONE

"I used my iPhone all the way to the summit of Everest," says renowned mountaineer Conrad Anker. "The video is passable, but the device shines as an alarm clock, mini sound system and voice recorder." Angry Birds on Everest? Seems you're all out of excuses.

iPhone 5, £529 (store.apple.com) ▶

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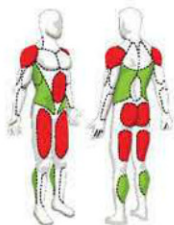
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INTERSPORT

BOUNDLESS ENERGY

Get a full-body workout that actually *lowers* fatigue so you can push yourself harder. Designed by PT James King, this is the über-burpee



YOUR PROGRAMME

Select your level from the guide below and prepare for new levels of fitness. Performing your exercise routine outside reduces levels of fatigue, so you can boost endurance and outrun the treadmill.

BEGINNER

5 sets of 1 rep with 45sec recovery between sets

INTERMEDIATE

3 sets of 5 reps with 45sec recovery between sets

ADVANCED

As many reps as possible in 7min, no rest allowed

CUT OUT & USE



A GET UP AND GET READY

Lie on the ground with your arms and legs extended. Drink in that fresh air because the next 10 minutes will be hell. "Swing your arms up as fast as possible and stand up, using your hands to push up if you need to," says King. "Then leap like a salmon on springs, reaching as high as possible." You've already used most of the muscle groups in your body. Doesn't it make you feel alive?

B LEG IT TO GREATER FLEXIBILITY

"As you come in for landing, do two walking lunges. As you step forwards, lower your back knee until it brushes the ground. Your knee, hips and shoulders should remain vertically aligned." As well as free entry to the Ministry of Silly Walks, this increases strength and flexibility in your lower body – ideal preparation for everything from trail running to rock climbing. Repeat with the other leg.

C ROLL WITH IT

Now turn back 15–20 years with a forward roll. This move is not about bringing out your inner eight-year-old. Well, not *only* about that. The roll is a fundamental move to strengthen your core, hips and lower back. "Ensure you roll on your shoulders to protect your head and back." After you've gone whirlygig, balance in a squat position, holding your arms out in front of you.

D THE BIG FINISH

Now do a hand-release burpee – a hugely effective way to condition your whole body. "Squat and place your hands on the floor, then spring your feet back into a press-up position. Drop to the floor and, as your chest hits the ground, lift your hands an inch from the floor." Stay with us. Push back up, jump forwards and leap vertically as high as possible. That is one leg-pumping, heart-racing rep. You're fitter already. **MH**

TASTE THE NEW REFRESHMENT

— OF FOSTER'S —
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for the facts about alcohol



Good Call since 1888

**STACKED
PANCAKES**

Add whey protein to your favourite indulgent dishes to turn high-carb treats into bulk-building staples

**THE ONE-POT
FLU SHOT**

Ride out spring flu season with a potent bowl of noodle broth that will soup up your immune system

—MAN vs FOOD—

NOSH

YOUR PEAK PERFORMANCE ON A PLATE

**36g
PROTEIN**

PEPPERCORN

TOMATO SALSA

CHIMICHURRI

T-BONE VS BIG C

Tucking into a juicy steak is a man food win-win – lean cuts are about 70% protein and loaded with muscle-building creatine. That's the good bit. The bad news is that grilling your beef over a high heat produces cancer-forming HCAs. But there's a way to reverse the negative. Kansas State University research found that adding nutrient-rich sauces can slash HCA levels by 71%. Here are three smart ways to dress up your dinner.

LEAN GROWTH

This take on the steakhouse staple hits you with pepper's fat-blocking compound piperine, but holds the cream and butter. There's bonus protein in the mushrooms too.

METHOD Dice and fry a garlic clove and 4 mushrooms. Add 4tbsp red wine and 3tbsp Worcestershire sauce, let it boil for 1min, then throw in 10 crushed peppercorns.

CUTTING DOWN

At just 12kcal a spoonful, this is the lightest partner for your steak. The lime tenderises the meat, breaking down some of the protein bonds to make it easier to digest.

METHOD Dice 6 medium tomatoes and 1 small red onion. Mix with 1 handful chopped coriander, the juice of ½ lime and a slug of olive oil. Season to taste.

FASTER RE-FUEL

This spicy side pairs parsley, a natural digestive aid, with metabolism-boosting chilli peppers – it will deliver those essential amino acids to your muscle fibres in record time.

METHOD Chop 2 birdseye chillies, 4 garlic cloves and a handful of parsley. Combine with salt, the juice of 1 lemon and a splash of oil, then salsa your way to a better body. **ME**

—PROTEIN POWER—

WHEY TO GO

Give the foods you love a muscle-building makeover with
MH's protein-powder enhanced recipes

BULK-UP MORNING PANCAKES

Clock up over 40g of protein before you leave the house

BREAKFAST

INGREDIENTS

- 2 eggs
- 1½ scoops of protein powder (vanilla or chocolate)
- 2tbsp coconut flour
- 50g oats
- 70ml milk

METHOD

1 This is your perfect excuse to eat pancakes every day. Beat all of the ingredients together. When you've got a smooth batter, bring a nonstick pan to high heat and add ½tsp coconut oil.

2 Spoon the mixture into the pan to make several small pancakes (they're easier to flip). Lower the heat a notch, and once you see bubbles appearing on

the pancakes, turn them over. Serve with low-GI agave syrup, nut butter or fresh fruit for a fructose energy spike that will send you to the gym ready to flip your own PB.

41g
PROTEIN

508
KCAL

39g
CARBS

SERVES
2



CARB-LIGHT LUNCHTIME LOAF

Don't leave your muscles at the mercy of Greggs. This protein-packed bread will make the ultimate bulk-up lunch

LUNCH

INGREDIENTS

- 2 scoops whey powder
- 4 egg whites
- 4 scoops of rolled oats
- 1tsp baking powder
- ½ scoop of pea protein powder
- 1tsp salt

METHOD

1 This bread is cheaper and better for you than the empty carbs Mr Mighty White has to offer. Blend the ingredients until smooth and pour into a loaf tin. Bake at 165°C for 35min.

2 Don't open the oven while it's baking or it won't rise properly – do a half-hour bodyweight circuit (see p74) to keep yourself occupied. When the time's up, prick the bread with a knife. If it comes out clean, you're

good to go. If not, stick it back in the oven for another 5min or so. When it's cool, cut as much as you need and load it up with lean meat and salad for a protein-packed lunch that will put Pret to shame.

9.3g
PROTEIN

79
KCAL

8g
CARBS

SERVES
10



RECIPES: ANNA SWARD (PROTEINPOW.COM) | PHOTOGRAPHY: DAN MATTHEWS | FOOD STYLING: JACK SARGESON | COOLING RACK: JOHN LEWIS (JOHNLEWIS.COM) | PIZZA CUTTER: JOSEPH JOSEPH (JOSEPHJOSEPH.COM)

GUILT-FREE ENERGY BARS

If Willy Wonka was a powerlifter, this is the snack he'd be tucking in to. Keep one in your bag for a fast pre-gym boost

SNACK

INGREDIENTS

- 4tbsp oat flour
- 2tbsp cocoa powder
- 3tbsp coconut flour
- ½ cup milk
- 1 scoop of chocolate protein powder
- 60g dark chocolate

METHOD

1 Once they've tasted these, your gym pals will be begging you for more. Combine all the ingredients, except for the dark chocolate, and mix until you get a soft dough. Mould the mixture into small rectangles with your hands. If it's too sticky, add a bit more coconut flour.

2 Once your bars are shaped, break the chocolate and melt it in a microwave on a low

setting for 30sec blasts. Dunk the bars into the melted chocolate and, once coated, transfer them to the fridge to set (about 20min). How much you charge for them is up to you.

20g
PROTEIN

260
KCAL

18g
CARBS

SERVES
4



10-MINUTE POWER PIZZA

Do the dirty over Domino's and save 800kcal on one of its medium pizzas. This will be ready faster than it would take the delivery boy to pull up

DINNER

INGREDIENTS

BASE

- 1 whole egg
- 1 egg white
- 1 scoop of protein powder
- 15g oats
- 1tbsp olive oil

TOPPINGS

- 3tbsp tomato puree
- 3 mushrooms, sliced
- ½ ball buffalo mozzarella

METHOD

1 Don't think it's possible to knock up a healthy pizza in 10min? Well, start your stopwatch and we'll prove you wrong. First, blend the base ingredients together. Warm a dry non-stick pan over a medium heat and add the dough mixture. Fry it like a giant pancake for about 5min.

2 As soon as your base is firm enough to hold its shape, remove it from the pan and add the toppings – starting with the tomato paste and

ending with some torn chunks of mozzarella. Then grill the whole pizza until the cheese melts and the base starts to go golden and crispy. One pizza, 46g protein in 10min flat – and no delivery charge. **MH**

46g
PROTEIN

494
KCAL

19g
CARBS

SERVES
1

— 1-POT WONDER —

KUNG-FLU FIGHTING

Knock out viruses and supercharge your immune system with this self-defence master class

FORTIFYING RAMEN

26g
PROTEIN

458
KCAL

30 MIN
COOKING

SERVES
8

INGREDIENTS

- 5 free-range eggs
- 400g dried ramen noodles (udon will also do the job)
- 5tbsp miso paste
- 1 pack button mushrooms, thinly sliced
- 2.5litres vegetable stock
- 1.5kg rotisserie chicken, meat only
- 5 heads of bok choy
- 10 spring onions, chopped

YOUR HEALTH KICK STARTS HERE

1 This potent portable lunch will keep you well fed and bug-free all week, and stop you lining the pockets of Wagamama's. Put the eggs in a large saucepan and add enough cold water to cover them by an inch. Then heat until the water boils, turn off the heat and allow them to sit in the water for 10min. **Time so far: 15min**

2 Remove the eggs from the pan, rinse them under cold water, then peel and

halve them. Turn the heat back on, add the noodles to the boiling water and cook them (ramen for 3min, udon for 6-8min). Remove and rinse. The noodles add a handy 6g of muscle-building protein for less than 20p a serving. That's our kind of value.

Time so far: 20min

3 Add the vegetable stock to the pan, then stir in the miso paste and mushrooms. Simmer gently for 5min. You want the miso to melt evenly through the broth – it's the key ingredient for keeping you out of your sickbed. **Time so far: 25min**

4 Add the noodles, torn chicken (white and dark meat), the halved eggs and bok choy. Let it simmer for 5min longer, then sprinkle in the onions. Give yourself a couple of ladles full and serve the rest any time you need to give your immune system an iron fist.

Total time: 30min



WORDS: ANNA KIBBY | PHOTOGRAPHY: PATRICE DE VILLIERS | FOOD STYLING: AMBER ROSE AT HERS AGENCY | WOK: LE CREUSET (LECREUSET.CO.UK)

BOK CHOY

REPEL INFECTION

Tune up your immune system with the Chinese cousin of cabbage. Scientists at the Babraham Institute in Cambridge found that bok choy triggers a chemical signal that ensures the infection-fighting cells in your gut and skin are working at full efficiency. Black belt greens, as it were.

MUSHROOMS

BOOST YOUR BLOOD

Super Mario and co had it right: these fungal friends give you an immediate power-up. Mushrooms contain a cache of hard-hitting nutrients that promote immune function by stimulating the production of white blood cells, found the *Journal of Nutrition*.

SPRING ONIONS

BUILD YOUR DEFENCES

So-called for a reason – now is the best time to benefit from spring's namesake veg. These onions are one of the best sources of allicin, the immune-boosting compound that encourages white blood cells to reproduce and fight off cold and flu.

EGGS

BLITZ FREE RADICALS

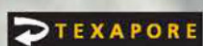
Your favourite cheap and easy protein source begins an assault on viruses as soon as you eat it. Eggs are high in the antioxidant mineral selenium, which instantly goes to work hoovering up the free radicals linked to infection according to research by the Food Standards Agency. Bugs? We've cracked them.

MISO BROTH

IMPROVE DIGESTION

You can put the Yakult back on the shelf. Miso is also a probiotic powerhouse which improves your gut flora so the body can soak up nutrients more easily. A healthy digestive tract is critical for immune function, says recent research by Freiburg University Medical Center. You'll be slurping back to happiness. **MH**

Soup up your
body's defences to
give bugs the chop

The Texapore logo, featuring a stylized 'T' icon followed by the word 'TEXAPORE' in a sans-serif font, all contained within a dark rectangular box.

TEXAPORE

**INDEPENDENT –
OF THE WEATHER.**

The Jack Wolfskin logo, consisting of the brand name 'Jack Wolfskin' in a blue, slightly irregular font, with a blue paw print icon to the right of the word 'Wolfskin'.

Jack
Wolfskin

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EXTREMELY BREATHABLE WEATHER PROTECTION



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MEN**



**PERFORMANCE
JACKET MEN**



**ATMOSPHERE T
MEN**



**WOLF BOTTLE
GRIP 1.0**



**ACTIVATE PANTS
MEN**



ALPINE TRAIL 40 MEN*

*contents not included



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Wolfskin**

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TRICKS OF THE MIND

The male brain has its advantages. Men are keener problem-solvers, driven by logic and analysis. But, being men, we can't ignore the statistics. Our memory is duller than a woman's and our marbles are more likely to get lost. Which is why *MH* has scoured the latest neurological research to find the best ways to train the muscle that truly matters

WORDS MARK PEACOCK

For a night you won't forget, see tip #9. Thanks for the memories

MENTAL POWER-UP

Feed your body *and* your mind. The ever-popular muscle supplement creatine was proven by Sydney and Macquarie University to increase IQ by 15 points over six weeks when taken in daily 5g doses. It works by increasing the availability of energy in your brain. Pop a capsule and grow – smarter. ►

Pop #23 once a day to bulk up your brain's one-rep max

The smart man plans ahead. Invest in your mind with #18

Raise your IQ slacking off at work. Tip #4 is your new excuse

SEX PILLS MUST DO CARDIO! KETTLE ON INSURANCE YOUR MATES PUDDING NEED A PROTEIN SHAKE FANCY A PINT (MAKE THAT TWO) EGG SCRAMBLED EGGS WHAT'S IT? SNACKS GYM TOMORROW THE NEWS NEW AFTERSHAVE

HIDDEN SMARTS

Forget online Mensa tests: "Active IQ is how much of your total brainpower you have at instant disposal," says neurologist Dr Daniel Wilson. Use these tips for improved intelligence

JUICE UP YOUR MIND

A tough workout floods your mind with free radicals: molecules that block access to active IQ, says biochemist Calvin Davies. Ease cerebral DOMs with a 250ml bottle of Innocent's Orange & Carrot. It contains 150% of your RDA of vit A and C to limit mental stiffness.

CIVIL ENTERPRISE

Five minutes chatting to your brightest colleagues is enough for a midday performance boost. A study in the journal *Social Psychology and Personality Science* showed a positive chat enhances your decision-making in the workplace. Head for the watercooler.

JAPAN-EASY LEARNING

A bento box of sushi is the finest brain-boosting lunch. The iodine in fish and sea-vegetables such as kelp was linked by the *British Medical Journal* to a higher IQ. If raw fish isn't your thing, pop three kelp pills a day with meals instead (£10, hollandandbarrett).

SENSIBLE GAME PLAN

Research by Rochester University has found a link between first-person gaming and 'real world' awareness: a vital building block for IQ. The best prescription is one hour on a shoot-em-up such as *Black Ops 2*. Just turn off before 9am to avoid killing your sleep.

BRAINS FOR BREAKFAST

Get acquainted with the only omega-3 worth knowing: phospholipids. Found in egg yolks and milk, these lubricate your neural pathways better than the fats in oily fish, for faster thinking. Scrambled eggs three times a week will keep your thoughts clear.



Mental power that doesn't just look good on paper

FOREIGN FACTORS

If you're a slave to *The Sun*, it's time to get your news from brighter sources. Vanderbilt University scientists found changing your newspaper once a month can add three points to your IQ. Go to inkdrop.net for English translations of the world's top newspapers. No crosswords required.

FRUITFUL RESULTS

New research from the University of Nottingham has found that epicatechin is the chemical key to a bigger memory bank. Your best sources of this potent blood-cleansing antioxidant are blueberries, grapes and high-cocoa dark chocolate. Aim to eat at least two portions of them, every day.

Who says the best medicine is bitter?

TOTAL RECALL

Research from the American Academy of Neurology found that you're 50% more likely to experience memory loss than, er, what's-her-name over there. Let's make some memories

A NIGHT TO REMEMBER _

Spread the news: the *Journal of Neuroscience* has discovered that sex at least twice a week improves your powers of recall. The chemical oxytocin, released during the act, enhances your ability to recognise faces. Her name is down to you.

STRETCH YOURSELF _

This is some good chi. German researchers report that the memory-boosting benefits of yoga can be done in front of the TV. Sit with the soles of your feet together, bend forwards and hold for 15sec. Repeat 10 times, once a day.

STRENGTH OF MIND _

Three gym sessions a week preserves your memory as you age, according to research in *Medicine & Science in Sports & Exercise*. Best results were seen with 40min of weight training, followed by 20min of high-intensity cardio.

READ LESS, RETAIN MORE _

A self-test every 5min is the smartest route to recall. Studies at Purdue University show that regular pop-quizzes are more effective than hours of reading to make info stick. Now, what did we say was the best video game for your IQ?

RUNNING MEMORY _

A study at the University of Illinois found that a year of aerobic exercise can up the size of your hippocampus (essential for memory) by 2%. Your minimum requirement: a brisk 30min walk at least three times a week. Not hard homework, is it? ►

WISER WITH AGE

Parkinson's, Alzheimer's and other neurological disorders rank fourth in the list of man's biggest health threats. Sandbag your mind against the armies of time – starting right now



Six ways to keep
your mind in mint
condition

LONG IN THE TOOTH

Look after your pearly whites to keep your brain in the black. Boston University has linked dental disease to cognitive decline. For a brush with perfect health, here's how to clean up right: hook dental floss around each tooth in a 'C' shape – and give mental disease the 'V' sign.

BEAT DISEASE

Swerve one of the UK's most common mental illnesses simply by putting on your iPod. University of Pittsburgh scientists found that walking in time to music immediately improves cognitive function. Just keep dancing to a minimum.

SWEET RETREAT

Step away from the Haribo this weekend. People with high blood-sugar levels suffer brain shrinkage 10% faster than average, Australian scientists have found. Happily, two sugar-free days a week is enough to offset any damage.

BRAIN POWDER

The journal *Hypertension* recently reported that men with mild cognitive impairment sharpened up when given a flavonol-rich cocoa drink. Leave the Ovaltine to the old timers and add a scoop of cocoa to one of your daily protein shakes.

SCAN FOR TROUBLE

New methods of MRI scanning mean you can now determine whether you are likely to develop dementia. It costs around £80 – which, if your family history worries you, is a small price to pay. For more info, see alzheimers.org.uk.

HEATED DEFENCE

Next time you knock up a curry, go heavy on the turmeric. Studies at Linköping University in Sweden show that a chemical in the flavouring staves off dementia by reducing harmful 'brain plaque'. It's the new spice of life.

BOOZE FOR THOUGHT

If you're suffering a mental block, head to your local. A study in journal *Consciousness and Cognition* found that two pints is the optimum 'creativity threshold' in average-weight men. So knock it on the head after a couple.

It's time to let the genius out of the bottle



SHINING IDEAS

Creative thinking isn't the preserve of arty types in open-plan offices. Swot up on your lateral thinking and you'll be a more efficient problem-solver, forward-planner and excuse-giver

ROSIER OUTLOOK _

Jump-start your brain with a spritz of Dolce & Gabbana's Light Blue (£36, amazon.co.uk). Northumbria University found that rosemary, a key part of the fragrance, ups your mental speed and accuracy. That's creative success you're smelling.

CHEW IT OVER _

A stick of Doublemint could be the beginning of a big idea. Chewing gum induces a raise in your heart rate, which directs more oxygen and glucose directly to the brain, say New York researchers. Call it a fresh approach to problem solving.

ALWAYS B PREPARED _

A tough mental task hits your brain like the gym does your muscles: it hurts. "B vitamins help your brain tissue repair faster," says neurologist Wilson. If you have a hard day ahead of you, take a B vit complex (£7.65, hollandandbarrett.com).

DRINK TO THINK _

Psychiatrist Dr Murali Doraiswamy has puzzled out your optimal day's hydration: a jug of water every 15min to deter fatigue; coffee 30min before a taxing mental task; green tea to see you through the afternoon without affecting sleep.

INSTANT INTUITION _

Finally, solve problems with your fists. Clench your left hand as tightly as you can for 2min. German psychologists found that this action primes neural pathways in the creative right side of the brain. Time to smash your IQ PB. **MI**

CHANGE YOUR SHOE, NOT YOUR STRIDE.



TEVASPHERE

Meet TevaSphere, an outdoor cross-trainer that isn't afraid to stray from the norm. Its groundbreaking heel and pod-arch system supports the way your body moves naturally. Now you can change your shoe instead of your stride.

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FITTEST MEN IN HOLLYWOOD

As chosen by you. This is your 2013 cast of the strongest, largest and best-defined movie men and how you can follow their lead to get a blockbuster body

The last 12 months have seen the shape of male movie stars get bigger and bigger. Teenage waifs are out – Bond, Batman and Wolverine are our modern heroes, and you really want to know how they build their screen-filling physiques. According to a report by Google, you have searched for their training tips in your millions in

the last year. Well, now *MH* has done the hard work for you. Using Google Analytics, we've identified the 50 most searched-for leading men, and uncovered the moves behind the muscle you see on screen. Starting over the page are their workouts, training rules and nutritional secrets. It's your new script for building a big-screen body of your own. Action...

WORDS DAVID MORTON AND MARK SANSOM



SEARCHES
WORLDWIDE



BIG-SCREEN
BULK



HIGH
DEFINITION



INTELLIGENT
NUTRITION



NATURAL
SIZE



CARDIO
KING



EXTREME
TRANSFORMATION



MIDDLE-AGED
MUSCLE





50 ARMIE HAMMER, 26, USA

3.8K

KNOWN FOR Having the best name in LA
He's about to get BIG The man about to make it huge opposite Johnny Depp in his new film, *The Lone Ranger*, bulked up with an *MH* cover alumnus. "I was staying at Armie's house and his mother wouldn't stop feeding us," actor Joe Manganiello told us. "We just ate and ate and went to the gym to lift massive weights."



49 JONAH HILL, 29, USA

4.6K

KNOWN FOR Serious weight-loss strategies
No laughing matter The once rotund comic lost 18kg for his role in *21 Jump Street*. He says his secret was sushi. Plump for tuna sashimi for the best protein-to-sat-fat ratio per bite.



48 KARL URBAN, 40, NZ

7.3K

KNOWN FOR Tough-but-fair workout laws
Big boots to fill Urban spent 14 weeks in the gym to fill the *Judge Dredd* size 10s vacated by Sylvester Stallone. His plan: "Cardio, weight-lifting and eating six times a day." Tough justice.



47 IDRIS ALBA, 40, UK

9.1K

KNOWN FOR Thinking big
Britain's latest star... has a lot going on up there. "Every man has that internal primal shit that makes him a winner," he told *MH*. "Your first instinct is right almost all the time. If not, the next instinct is to fix it."



43 ERIC BANA, 44, AUS

18K

KNOWN FOR Bestial power
CGI strength Gamma radiation not required. Post-*Hulk*, Bana builds his bulk with a healthy level of realism: "I used to bench-press more than 300lb in my mid-twenties. But I couldn't do that today, no way."



42 BRUCE WILLIS, 58, USA

20K

KNOWN FOR Blood, sweat and muscle tears
Yippee-ki-abs Willis' six-pack is for safety, not satisfaction. "I need to get my muscles big enough so that when I'm diving off of things my bones don't break." He'll be in his 60s in 2015.



46 SEAN PENN, 52, USA

11K

KNOWN FOR Working hard, playing harder
Nice workout, if you can get it The once-wiry actor is only getting stronger in his dotage. He's frequently papped jogging near his home in Malibu with a twenty-something-girlfriend. Well played, sir.



45 CHRIS PINE, 32, USA

14K

KNOWN FOR Warp drive
Boldly going The young Kirk in the next *Star Trek* prequel *Into Darkness* is a very driven young man. His regime includes boxing, 3hr of basketball and at least 100 miles on the bike a week. A lot of boldly going.



44 JAMIE FOXX, 45, USA

17K

KNOWN FOR His hectic schedule
Jacked of all trades The actor-singer-comedian makes fitness part of his daily grind: "Do 25 push-ups, brush your teeth. Do the next 25, take a shower..." Turn a (Miami) vice into a virtue.



41 TOBY KEBBELL, 30, UK

23K

KNOWN FOR Mixing it up
A complicated guy From ultra-lean in *RocknRolla* to muscular in *Prince of Persia*: "We focused on complex moves that force the body to move through different zones in one gesture," explains his PT Patrick Monroe.

40

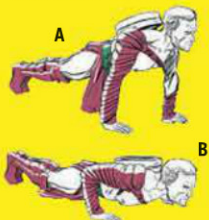
LIAM MCINTYRE,
31, AUS

KNOWN FOR

Spartan strength
A dirty job When playing the title role in *Spartacus* (if you haven't seen it yet, imagine *300* on TV) McIntyre was regularly put through half an hour of hell called a 'Dirty 30' (below). Think you can handle it? Prepare to get gladiatorial on yourself.

THE DIRTY 30

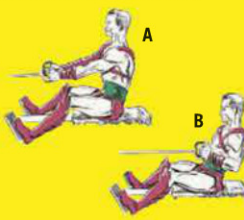
Do as many reps as you can in 30sec: this is your target. For the next 9min, aim for that many reps per minute. If you finish before the time's up, rest until the next minute begins. Do 10min of the first move, then rest 3min before progressing to the next



1 Weighted press-up
Get a slave to place a weight plate across your shoulders (A). Lower until your chest is a couple of inches from the ground (B), then press back up.



2 Medicine ball sit-up
Hold a med ball (or severed head) to your chest; lie with your knees bent (A). Tense your abs to raise your torso (B), then lower slowly. Wipe off blood.



3 Sitting cable row
Set the cable low and attach a double-D handle (A). Lean back and pull the handle to your waist (B), then return. Think Roman galley. You got it.

39 MICKEY ROURKE,
60, USA

KNOWN FOR WWE-grade bulk

Appetite for construction For a man previously known for his epic levels of negative consumption, Rourke put away a lot of good stuff prepping for *The Wrestler*. His daily diet: 12 egg whites, chicken, a banana with peanut butter, "a shitload of supplements", steak with veg and rice and a huge protein shake. "Then I'd have my last two meals and another shake at night."

38 LIAM HEMSWORTH,
23, AUS

KNOWN FOR Keeping it in the family

Brothers in arms There's something in the water at the Hemsworth household and it's probably creatine. Liam, the younger sibling who'll star in the second of the *Hunger Games* trilogy this year, puts himself through daily 90min sessions with a former US Navy Seal.

37

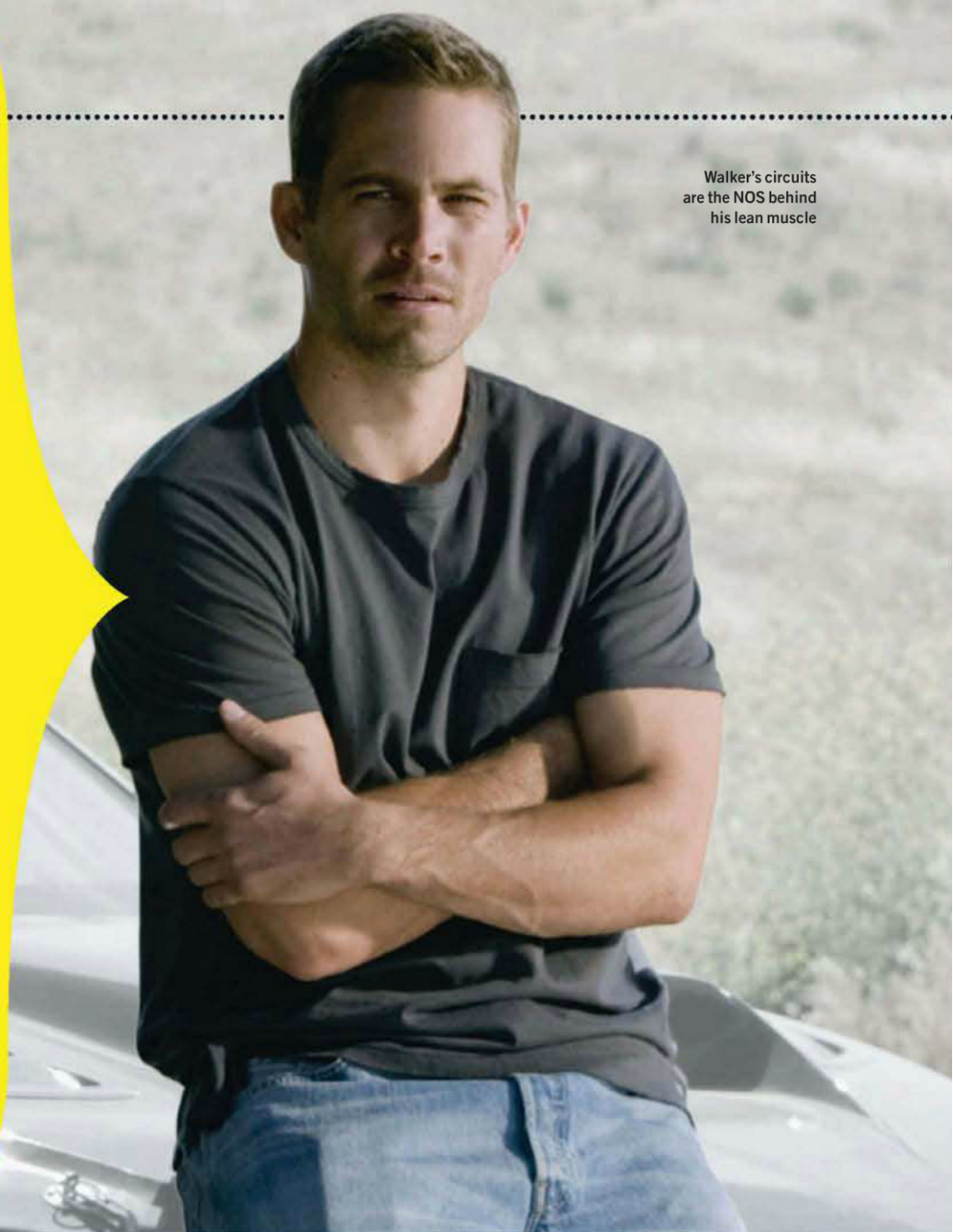
PAUL WALKER,
39, USA



KNOWN FOR Racing through workouts **Fast...** Walker certainly doesn't hang around. He saves time by crashing out high-intensity TRX, bodyweight and kettlebell circuits at home, before performing an hour-long sprint session outside for fat-burning. Exhausting but effective.

... also furious Walker calls his regime the "jailhouse workout", because it's so basic. We'd be tempted to call it "functional athletic training". But "jailhouse" has a certain ring to it.

Walker's circuits are the NOS behind his lean muscle



36 RUSSELL CROWE,
48, AUS



KNOWN FOR Over sharing **Tweet this, not that** The Crowe's bodyweight has fluctuated since his maximus days. But he appears to benefit from 'shared accountability', posting his daily exertions to 850,000 followers.

In his own 140 characters "@russellcrowe: 220lb this morning, started at 236.4lb. 45min walk, weighted objects 40min, walk 25min. 2,400kcal maximum, all meals and all beverages where possible gluten-free."

35 JARED LETO,
41, USA



KNOWN FOR

Vegan leanness

What's a vegan? It means that he doesn't eat meat, fish, eggs or dairy, or use any other animal by-products.

Wow. Yes. He also swears off alcohol. When it comes to fitness, Leto goes for high definition rather than bulk, cranking out ironman-length cycles. Tough, yes, but it still feels better than being punched to pieces by #27 at *Fight Club*.





34 BEN AFFLECK, 40, USA

60K 

KNOWN FOR

Director's dedication
And the award goes to...
His wife, Jennifer Garner. She claims he leaves her bed at 4am to exercise. If you've seen Jen, you'll respect his commitment.



38 ALEXANDER SKARSGÅRD, 36, SWD

65K 

KNOWN FOR

Impressive muscle on a huge frame
A tall order Sharing *True Blood* screen space with #31 and #14 is a big ask. Fortunately, Skarsgård is 6ft 4in tall and spent 15 months in a Swedish army anti-terrorism unit.



31 RYAN KWANTEN, 36, AUS

140K 

KNOWN FOR

Taking his body from Summer Bay to Stackhouse
Mix it up Boredom-busting is the key to Kwanten's regime, training for over two hours a day, all year round, for his role as Jason Stackhouse in *True Blood*. It's a mix of hill running, mountain biking, shadow boxing, yoga and plenty of intense cardio. "The moment you have monotony, your muscles can fall asleep," he says. After serving four years on *Home and Away*, motivation is clearly something he has mastered.

32

JASON MOMOA, 33, USA

120K  

KNOWN FOR

Savage workout
Having a type Now the go-to man for on-screen barbarians, Momoa gets ready for war with a brutal 30min workout featuring 330 reps of 3 moves: perform squats for 7 sets of 7 reps with 7sec rest in between; then 6 sets of 6 reps with 6sec rest; right down to 1, 1 and 1. Then pick another 2 compound moves and repeat. Longsword optional.



30 MATT DAMON, 42, USA

145K 

KNOWN FOR

Being the most versatile man in Hollywood
Proven variation You name the body type, Damon's worn it: huge-shouldered rugby flanker in *Invictus*, a boxer's lean frame for the original (dare we say it, better) *Bourne* trilogy and thick-set and muscular for this year's tough-guy sci-fi flick *Elysium*.



29 MICHAEL FASSBENDER, 35, GER

150K  

KNOWN FOR

Dodging metal
Mutant and proud Fassbender is not a man who minds getting his kit off. But it's not all about the 'bulk' he carries around on his lean frame. "I tend to do boxing training," he says. "Jump rope, focus mitts, heavy bag work and push-ups." When you're Magneto from *X-Men*, heavy weights just aren't worth the mental effort.



28 TOM CRUISE,
50, USA



KNOWN FOR Top guns

Half a ton His frame might not be the biggest, but it is still one of the most marketable in Hollywood. Cruise points to religious calorie-counting when he drops weight for roles, eating about 1,200kcal a day, made up of chicken, fish and veg. That's science, for you.



27 EDWARD NORTON,
43, USA



KNOWN FOR Dedication to the cause

Master plan His body in *American History X* was created with only three months' training, and is still one of the most memorable cinematic efforts. He followed a very simple formula: wake up, eat, work out, eat, work out, eat, sleep. For extreme results, you can kick carbs to the curb, too.

26

ROBERT DOWNEY JR.,
47, USA



KNOWN FOR Bouncing back with a vengeance

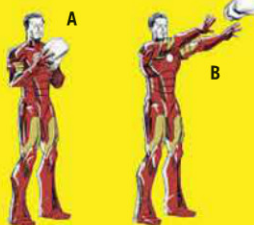
Building blocks Following years of rehab and relapse, Tony Stark and his shiny suit couldn't have come at a better time for RDJ. Here's the blueprint for his reconstruction.

Function over form "Bulking up without being able to use that bulk is pointless," says his trainer Brad Bose. "This style of circuit (*below*) gave Robert the ability to do his own stunts and kept his flexibility and co-ordination at a peak." Time to turn your body into a machine.

Iron man inside the suit and out

THE IRON MAN

Perform these 3 exercises as a circuit: do each for 30sec; rest 2min, then repeat. Aim to crank through 5 sets in total



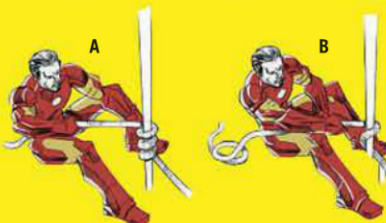
1 Sandbag throw

Squat down to lift the bag, then hold it in both hands in front of your chest (no jet boosters) (A). Now explode up, extending your arms to throw the bag forwards (B). Be careful with your core reactor.



2 Battling rope wave

Loop the rope around a post. Take hold of each end, feet shoulder-width apart and bend at the knees slightly. Flick hard with your right arm to send a wave down the rope; immediately repeat with your left. Maintain a rhythmic wave to send a shock of iron to your forearms.



3 Sitting rope pull

Loop the rope twice around a post; leave one end as long as possible. Sit with your back straight and grab the short end with both hands (A). Pull it, hand over hand, to pile the rope behind you (B). This is an arm exercise with cardio benefits – you'll be short-circuiting by the end.



25

JEREMY RENNER,
42, USA



KNOWN FOR Bomb-beating muscle
Oscar hunting His time spent sweating in a bomb-disposal unit for *The Hurt Locker* earned him an Academy Award nomination. But it was hand-to-hand combat for *Bourne Legacy* and *Avengers Assemble* (a combination of Muay Thai, Kung Fu and kickboxing) that keeps him in the lean 72kg frame he's had since he was 20 years old. That, and swimming with sharks off the coast of California, naturally.



24

JAKE GYLLENHAAL,
32, USA



KNOWN FOR Being the prince of pecs
Undress to impress Actress Gemma Arterton, Gyllenhaal's co-star in *Prince of Persia*, claims she was "flabbergasted" when he took his top off.
You want them So do we. He wore a 15kg weighted vest to go sand-running every morning, then completed a basic 60min resistance programme before breakfast. Easy.



20

WILL SMITH,
44, USA



KNOWN FOR Mid-life triceps
Boxing greatness For *Ali*, Smith replicated the fighter's body with 5-mile runs six days a week, 2hr boxing every day, plus weights sessions. Then he'll be on the playground, where he spend his days.



19

GERARD BUTLER,
43, UK



KNOWN FOR Making the eight-pack a thing
Number up Trainer Mark Twight developed a tough 300-rep workout to get him warrior fit, including pull-ups, deadlifts and kettlebell exercises. He's lucky the film wasn't called *500*, frankly.



23

BRADLEY COOPER,
38, USA



KNOWN FOR Getting over his hangover
When enough's enough Cooper shed the party boy image and swapped absinthe for abs to get in shape for 2010's *The A-Team*. He also quit sodium, sugar and processed bread...



22

ANDREW GARFIELD,
29, USA



KNOWN FOR Spidey strength
The method approach Garfield swore by parkour to get in lean, functional shape for *Spider-Man*. Use your gym's TRX for a safer core-strength challenge than swinging from the rafters.



21

KELLAN LUTZ,
28, USA



KNOWN FOR Being the biggest man in *Twilight*
From the inside out Lutz starts with his abs and works outwards. "Activating your core first maximises muscle utilisation in every other exercise," explains his PT Rich McDonald.



18

CHANNING TATUM,
32, USA



KNOWN FOR Stripping off fat
Personal history The semi-autobiographical *Magic Mike* was a parade of heavyweight Hollywood physiques, but Tatum generally trains un-weighted. He uses explosive pull-ups, box jumps and dips to trigger fast- and slow-twitch fibres and build muscular size and definition simultaneously.



17 VIN DIESEL,
45, USA



KNOWN FOR Keeping it real

Art reflects life After attempting to vandalise a New York theatre aged seven – and subsequently being coerced into acting – Diesel has barely stopped playing the criminals he once sort of was. Alongside the heavy lifting, he also swears by yoga: “I want to be panther-like, I want to be agile.”



16 MATTHEW MC CONAUGHEY, 43, USA



KNOWN FOR Taking his shirt off in chick flicks

The housewives' favourite Never one for excuses, when away from home McConaughey trains using furniture or sculptures borrowed from hotel receptions. Get creative, if you can't get to the gym. Just be careful when lifting the sofa if you don't have Gucci-ad backing.

15

HENRY CAVILL,

29, UK



KNOWN FOR

Being the man about to save Superman

Body rebooted To become the *Man of Steel*, Cavill employed Mark Twight, the PT who turned the cast of *300* into a washboard army. **Kcal Kryptonite** Twight used the same ‘tailpipe’ technique on the new Superman as he did on Butler and the boys: a 100-rep workout that’ll “smoke calories and leave you exhausted”. The recovery method is key: when you finish an exercise, take eight slow breaths in and out of your nose. Then go straight to the next move to keep your muscles in the lactic zone.



THE TAILPIPE

Perform in order; use a 16kg dumbbell or kettlebell for weighted moves. Do 25 reps of each, using the tailpipe recovery method *above* between exercises

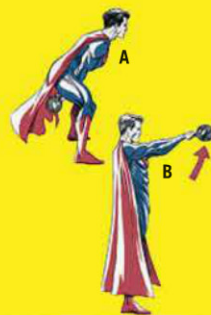
1 Goblet squat

Stand with your feet just beyond shoulder width and cup the weight with both hands, as shown (A). Prepare for take-off. Keep your back naturally arched, push your hips back and lower your body as far as you can (B). Push up to the start.



2 Kettlebell swing

Let the bell hang at arm's length. Bend your knees, rock back and ‘hike’ it between your legs (A). Squeeze your glutes and thrust your hips forwards to swing it to shoulder height (B). Momentum will carry it back down.



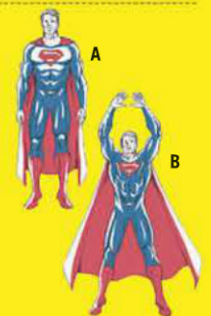
3 Squat thrust jump

Stand with your feet just beyond shoulder-width. Bending at your hips and knees, squat and place your hands on the floor (A). Kick your legs back into a press-up position (B), then immediately reverse the move (C) and jump back up (D).



4 Jumping jack

Stand with your feet together, arms hanging (A). Simultaneously raise your arms above your head and quickly kick your legs out to the sides (B). Without pausing, reverse the movement. Just 24 left to go...





14 JOE MANGANIELLO,
36, USA



KNOWN FOR Raw muscle
Impressive stats *True Blood* star Manganiello took his body fat down from 18% to 8% in six months by combining high-rep sets with light weights with intense cardio. Oh, and an 80% protein diet. Dining out on physical fame...



13 MARK WAHLBERG,
41, USA



KNOWN FOR Great abs; questionable rapping
At his best For new film *Pain & Gain*, he packed on 9kg in two months (see p23 for his workout).
At his worst Sporting MC Hammer pants with his Funky Bunch. Appropriate clothing has never really been his thing...



12 RYAN GOSLING,
32, CANADA



KNOWN FOR Everything you're probably not
The world's sexiest man... as crowned by *Cosmo*, hasn't always had a torso to open bedroom doors. His early films sold him as a skinny geek, until he met low-rep, heavy weight exercises paired with HIIT cardio. Your turn.



11 CHRISTIAN BALE,
39, UK



KNOWN FOR Shape shifting
Transforming the business In a dramatic series of changes, Bale dropped 28kg for his skeletal role in *The Machinist* on a 'diet' of coffee, tuna and apples, then quickly exercised gained a 45kg bodysuit of real bulk to play Batman.

10 DWAYNE
JOHNSON,
40, USA



KNOWN FOR Being the heavyweight of the top 50
Big show The rock-solid wrestler built his career out of being muscular – and not *that* bad at acting.
Behind the scenes His secret is the Swiss ball jack-knife press-up. "It works everything," he says. Can you smell your body fat cooking?

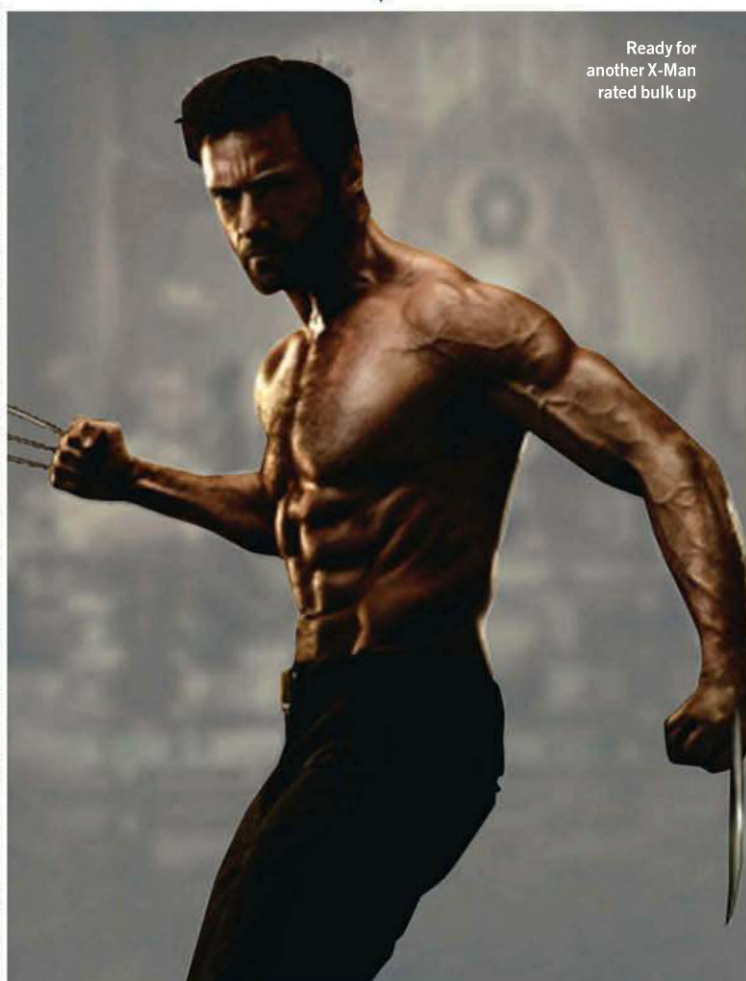


09

HUGH JACKMAN,
44, AUS



KNOWN FOR X-rated strength
Muscle squared Jackman's aim for this year's outing in *The Wolverine* was to look as 'square' as the comic book hero. Which involves eating like an animal.
Aggressive nutrition He keeps two protein shakes by his bed in case he wakes up hungry and has been known to put away three chickens in one sitting, easily racking up over 6,000kcal a day. If you want mutant size, you've got to feed the beast.



Ready for
another X-Man
rated bulk up



08 **TAYLOR LAUTNER,**
21, USA



KNOWN FOR

Being a teen wolf

Youthful exuberance

Lautner might be young, but his workout plan is far from bubblegum.

A taste of danger

He swears by 'tasting' sets. When bench-pressing, for example, load a bar with 20-30% more than you can lift: control when lowering, then have your spotter (choose wisely...) lift it up so your muscles get used to the weight.



07 **CHRIS EVANS,**
31, USA



KNOWN FOR

Being an all-American superhero

Join the parts

Renowned for his propensity for Bud Light as much as dumbbells, Evans upped his training for *Avengers Assemble* to face off against Thor *et al.*

Your body needs you

His Monday morning session comprises leg presses, squats, lunges, calf raises and hamstring curls. All using low reps and heavy weights, of course. But then he is Captain America.



06

RYAN REYNOLDS

36, CAN



KNOWN FOR The lowest body fat in LA
Trading up, cutting down Coinciding with his move from Scarlett Johansson to Blake Lively last year, Reynolds went down to an 'alleged' 5% body fat. That's one hell of a break-up diet.
How he did it His trainer Bobby Strom credits his food plan: "If you're eating every two to three hours, your body doesn't need to store fat as energy," he says. Here's how to hold a Green Lantern to your metabolism.

THE AFTERBURNER

This workout, designed by personal trainer Jamie Sawyer (jamiesawyer.co.uk), will scour away belly fat both during and after exercise, leaving you lean and green. "The 'afterburn' effect from this session lasts for almost two days," he says.

For each of the moves, you need to perform 3 'rounds' of work, alternated with rest periods. Take note of how many reps you complete per round, then move on to the next exercise. Aim to beat your last score each time.

Week 1 30sec work / 20sec rest x3. 120sec rest between rounds

Week 2 30sec work / 20sec rest x3. 120sec rest between rounds and increase weight by 10%

Week 3 35sec work / 15sec rest x3. 110sec rest between rounds

Week 4 35sec work / 15sec rest x3. 110sec rest between rounds and increase weight by 10%

Week 5 45sec work / 15sec rest x3. 90sec rest between rounds

1 DB push-press

Stand holding a dumbbell in each hand. Bend your arms so that each dumbbell is by your shoulder, palms out (A). Bend your knees slightly, then drive upwards from your heels and extend both arms directly upwards (B). Lower the weights back to the start. A lively start.



2 DB bent-over row

With a weight in each hand, palms facing in, bend at the hips and knees until your back is almost parallel to the floor. Your arms should be hanging straight down (A). Now squeeze the muscles in your back to pull the weights in towards your chest (B). Lower back down and repeat.



3 DB thruster

Hold a pair of dumbbells by your ears, elbows bent, palms in. Bend at the knees into a squat (A) then drive upwards, simultaneously pushing the bells up. Finish with them raised above your shoulders (B). Intergalactic fat burning.



4 DB snatch

With your feet just wider than shoulder width, bend your knees to grab the dumbbell (A). Keep your back straight. Push down explosively with your legs and pull the bell up. Finish with the weight underneath your chin (B). Swap hands; repeat.





05 BRAD PITT, 49, USA
1.8M

KNOWN FOR The world's most famous six-pack
Fighting fit Brad combats body fat with diet. His breakfast: six egg whites, plus 75g oatmeal – a jolie good start to the day. Sorry.



04 CHRIS HEMSWORTH, 29, AUS
2M

KNOWN FOR Godly power
He'd never lifted weights... before he changed up the surfer physique honed on *Home and Away* for *Thor*.
Obey the word of God "Go intense: heavy kettlebell swings, rarely more than six reps." Amen to that.



03 DANIEL CRAIG, 45, UK
2.2M

KNOWN FOR Walking out of the sea, mostly
Active agent The first Bond since Connery to bring genuine muscle to the franchise, Craig's workouts feature 2hr low-rest compound sessions, plus a lot of swimming. In Speedos, we presume.

Hardy's PT was the Bane of his life



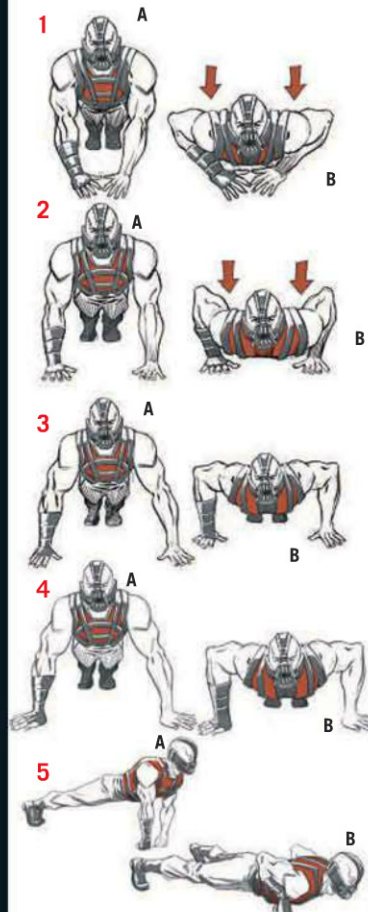
02

TOM HARDY, 35, UK
3.1M

KNOWN FOR Scary size
Putting in the best physical performance of the year Hardy's hulking Bane in *The Dark Knight Rises* broke Hollywood star size preconceptions. "Getting Tom ready to play Bane involved increasing both his muscular mass and density," says his personal trainer Patrick Monroe.
Terrorise your upper body "I worked Tom from every angle each day, but one of our go-tos was this press-up matrix (*right*). Use it to build a terrifying chest and shoulders from the comfort of your lounge.

THE BULK MATRIX

Perform this circuit 4 times, using the guidelines *right*. Rest for 45sec between stations; recover fully after each circuit



Circuit 1 Do 10 reps of each move, performed on your knees
Circuit 2 Do 7 reps on your toes
Circuit 3 Do 5 reps, backside higher than your shoulders
Circuit 4 Do 3 reps, shoulders higher than your backside

1 The diamond
Place your thumbs and index fingers together in a diamond shape (A). Lower your chest to the centre of the diamond (B), then push back up again. Breathe raggedly.

2 The square
Position your palms so they're 'square' with your shoulders (A). Keep your elbows tucked in, moving alongside your torso to detonate your triceps (B).

3 The rectangle
Set your hands wide apart (A), so that when you lower your chest to the floor your arms, chest and the floor form a rectangle (B).

4 The eagle
Start in the same position as above (A), but this time spread your fingers as you lower and turn them outwards (B). Take the pain.

5 The kong
Assume a press-up position on your knuckles (A), your arms at shoulder-width. Lower your chest to the floor, letting your elbows bend back like a grasshopper's legs (B). This is a final killer on your shoulders.

01

JASON STATHAM,
45, UK

KNOWN FOR Being the only real action man of his generation
Becoming a brand Since 2002's *The Transporter*, "The Stathe" has powered through 22 physical roles, including a pair of *Expendables* and a couple of *Cranks*. Think Chuck Norris on creatine ethyl ester.
The Stathe says... keep it real. "I don't go in for high-end gyms with all the fancy stuff," he says. What he does do very well is old-school sweat...

THE BIG FIVE-55

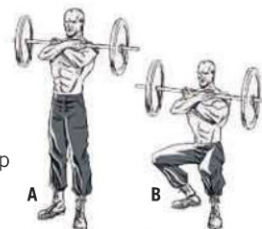
Statham uses a routine called 'The Big Five-55' to gain henchman-crushing strength. This variation comes courtesy of PT Dan John. There is no prescribed rest; ideally you should wait until the end of the set before stopping. You want to work as fast as you can while maintaining good form, so make sure the weights are light enough. You're not the hardest man in Hollywood, yet.

Perform a circuit of 5 exercises a total of 10 times. Start with 10 reps of each, decreasing by 1 rep each round. So do 10 reps of all moves in the first round, 9 in the second, and so on – a total of 55.

1 Front squat

A Position a racked barbell across the front of your shoulders. Cross your arms with your hands on top of the bar and dismount it.

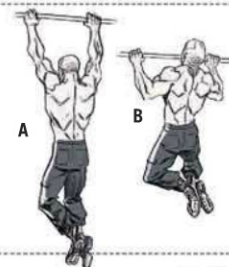
B Squat down until your thighs are just past parallel to the ground; keep your back straight power back up, lock, stock and barrel.



2 Pull-up

A The key to a big-screen back: grab the bar with a wide overhand grip.

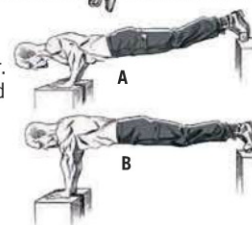
B Pull up, squeezing your shoulder blades together until your chin is above the bar. Now lower until your arms are straight. If you're struggling you can ask your supporting act (training partner) to hold your feet.



3 Decline box press-up

A Tool up with 1 big box and 2 smaller ones, roughly a foot shorter. Place a hand on each small box and rest your feet on the bigger one.

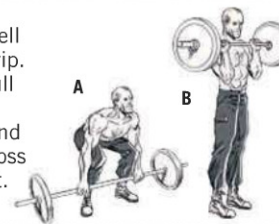
B Now do your press-ups. Because you're elevated, you can go much deeper in the bottom position to build high-definition in your pecs.



4 Power clean

A Position your feet under a barbell and bend to grab it with a wide grip. Extend your knees and hips to pull it up, shrugging your shoulders.

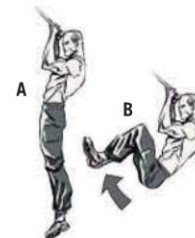
B Yank your body under the bar and rotate your elbows to catch it across your shoulders; stand up straight. That's 1 rep done. Good luck.



5 Knees to elbows

A Hang from a pull-up bar or Olympic rings at the half-cocked position – elbows at a right angle. This last move will burn your arms and your abs.

B Now raise your knees until they touch your elbows. Hold, then lower them back down under control so you don't start to swing. Statham does *not* approve of swinging. **XXI**



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FESTIVAL OF

HEALTH

WE ALL KNOW FESTIVALS CAN BE... MESSY. BUT WITH THE *MH* GUIDE YOU'LL DO MUCH MORE THAN JUST SURVIVE THE WEEKEND. WE'LL SHOW YOU WHERE TO GO, WHAT TO LISTEN TO AND HOW THE POWER OF SOUND WILL IMPROVE EVERY AREA OF YOUR LIFE

ARTWORK JAMES TAYLOR
WORDS MARK SANSON

FOR MUSCLE
BUILDING

THE PUMP-IT-UP
ROCK STAGE!
USE HARD ROCK TO
MAX YOUR VOLUME
ON HEAVY WEIGHTS

There are two kinds of man in a mosh pit: the student in '30in waif' jeans wanting to go crazy for a weekend before heading home

to Hertfordshire and the granite-jawed 40-year-old in an old band T-shirt that has no sleeves for a good reason. But even if you're not one of them, you can still get a serious pump from the set list. Hard rock hacks your adrenal gland, releasing adrenaline, which will boost your performance in strength training and competitive sports.

The concept is older than Mick Jagger. "People have used

music to stimulate an aroused response for thousands of years," says Dr Karen Burland, lecturer in

music psychology at the University of Leeds. "Generals would use it to fire up warriors before battle." Now scientists can identify exactly why it works: "The 'anapestic' beat from rock and rap provides the stimuli – it stops and starts aggressively," says physician Dr John Diamond. "Your muscles go weak in periods of no sound, then tense when it returns." This repeatedly fires your adrenal gland. So whether you're watching Bruce Dickinson hammer through *Hallowed Be Thy Name* or prepping for a heavy session, get ready to be a monster of rock.

NOW GO SEE...

IRON MAIDEN AT
DOWNLOAD, UK'S #1 ROCK
FESTIVAL, 14-16 JUNE

DOWNLOADFESTIVAL.CO.UK

Heavy metal for
heavy muscle



MH FESTIVAL SURVIVAL TIP

The big hit of adrenaline after the mosh pit also boosts your libido, found *The Archives of Sexual Behavior*. Condoms are available at all medical areas. Tool up. ►

FOR PAIN RELIEF

THE PHYSIO'S ELECTRONICA TENT THE RIGHT BEATS CAN SPEED YOUR RECOVERY AFTER A TOUGH SESSION

Shoulders in pieces from playing periscope for girls in hot pants?

Didn't pack the foam roller? We didn't either. But whether you're sore from crowd surfing or from one too many Arnold presses, we have the perfect medicine for the hurts: Hurts.

Electronica can be as effective at alleviating aches as some supplements, as relaxed melodies alter your autonomic nervous system – the part responsible for controlling your heart rate.

According to *The Journal of Pain* (which, incidentally, is a great name for an electronica act), slow rhythms cause your blood pressure and heartbeat to slow, reducing muscular tension. You need tunes around 80bpm or lower: try *Only This Moment* by Röyksopp, or create your own post-gym playlist using a bpm-analysing app such as Cadence. And if the girls in hotpants want to give you a massage to say thanks, that will work, too.

NOW GO SEE...

EUROPEAN ELECTRONICA AT
BENICASSIM, 18-21 JULY

BENICASSIMFESTIVAL.CO.UK

MH FESTIVAL SURVIVAL TIP

Avoid the festival sunburn: wife beaters are out. "Pocket tees with half-cut arms will be big this year," says designer Sophie Cabourn. Try Lee Grind Pocket T (£26).

MH FESTIVAL SURVIVAL TIP

Once your phone's run out of battery, leave it off. Goldsmiths College found that four days without electronic devices boosts creative thinking by 50%.

FOR CREATIVITY

THE INSPIRATION COLLECTIVE MATCH BRAINWAVES TO NEW MUSIC TO CRANK UP YOUR LATERAL THINKING

Music and creativity go hand in hand like hippies dancing around a tree.

But it's not about 'finding your spirit' – fortunately you can tap into your own genius from a safe distance. If you're trying to think around a problem at work, plugging into the right track for your character type will more effectively access the right side of your brain – the part that handles innovative thought. "Introverts will be most creative listening to something that they're already familiar with," says Dr Vicky

Williamson, a music psychologist at The University of London's Goldsmiths College.

"Extroverts, on the other hand, benefit from rousing music –

songs that they haven't heard before, but from artists they already like." With a quarter of a century of quirky hip-hop behind them and a reputation for surprise collaborations, US trio De La Soul will amp up your lateral thinking. You can put that funny-looking cigarette down.

NOW GO SEE...

NEW BRITISH MUSIC AT
STANDON CALLING, 2-4 AUGUST

STANDON-CALLING.COM



Score blue-sky thinking, whatever the weather does

SOUND OF BODY

FOR A MOOD BOOST

THE MAIN-LINE HAPPINESS STAGE GET HIGHER ON HAPPY HORMONES WITH THE CLASSIC HEADLINERS

The party prescription you get from a sweaty bloke with a bum bag is fool's gold. You're better off getting a healthy dose of mood-improving hormones at the main stage. The 'popular' bands might not be your bag (or at least you pretend they're not)

MH FESTIVAL SURVIVAL TIP

Put on your top bands when it's sunny for double the high. Sunlight is your best source of grey-cloud-lifting vitamin D: this nutrient is 14% lower in people with depression.

but familiar songs will fire your brain's reward system – even on a gloomy commute. “When you play a song that takes your mind back to a certain time it's called

a ‘musical chill’,” says

Dr Williamson. “It's similar to the fight-or-flight response in your central nervous system. Your brain releases dopamine, the reward hormone that gives you that unmistakable happy feeling.” Just don't demand too many encores. “The body has a limited resource of these happy hormones at any one time, so trigger them with a 15-minute spurt a few times each week for best results,” says Williamson. You won't be paying for those good times all the way through to Wednesday, either. ►

NOW GO SEE...

OLD-SCHOOL ROCK AT ISLE OF WIGHT, 13-16 JUNE

ISLEOFWIGHTFESTIVAL.COM

FOR WEIGHT LOSS

THE SLOW-FOOD VILLAGE SILENCE YOUR HUNGER WITH A CALORIE-CUTTING SOUNDTRACK

Your body needs fuel. The problem is that when you're on-site or at one of those 'farmer's markets', the price of filling your tank tends to go up. And if all that's on offer is responsibly-scavenged-by-virgin-vegetarians fare that wouldn't fill up a supermodel, you're liable to need a lot of it. Put that rolled up *Guardian* down before you do yourself some damage and take steps to make your grub go further.

Out-and-out fast-food chains have ploughed more money into the relationship between sound and eating than any other area of music psychology. "The links are quite simple: fast music, fast bites," says Dr Burland. So if you want to cut your intake and make your lunch last, you need to pump the brakes with the stereo. Research at the University of Cornell shows that gentle, low-tempo music paired with soft lighting made people consume 174 calories fewer per meal. They also enjoyed their food more. Pass the low-sodium organic ketchup, would you? Ta.

NOW GO SEE...

FOODIES PARADISE AT
BIG FESTIVAL, 31 AUG - 1 SEPT

JAMIEOLIVER.COM

MH FESTIVAL SURVIVAL TIP

Dissolve the following in water to cure any hangover, says sports scientist Ed Gannon: 2 sachets Dioralyte, 1 Berocca tablet, 2 Ibuprofen capsules. Chase with coffee.

FOR ENDURANCE

THE I*HEART* DANCE! TENT FOR THE ULTIMATE CARDIO WORKOUT, TUNE INTO DANCE BEFORE YOU RUN

There are better ways to put your heart through its paces than facing off against those crossed-eyed chaps 'aving it. But, weirdly, they are onto something. A recent study found that listening to feel-good music opens up your arteries, causing the inner lining of your

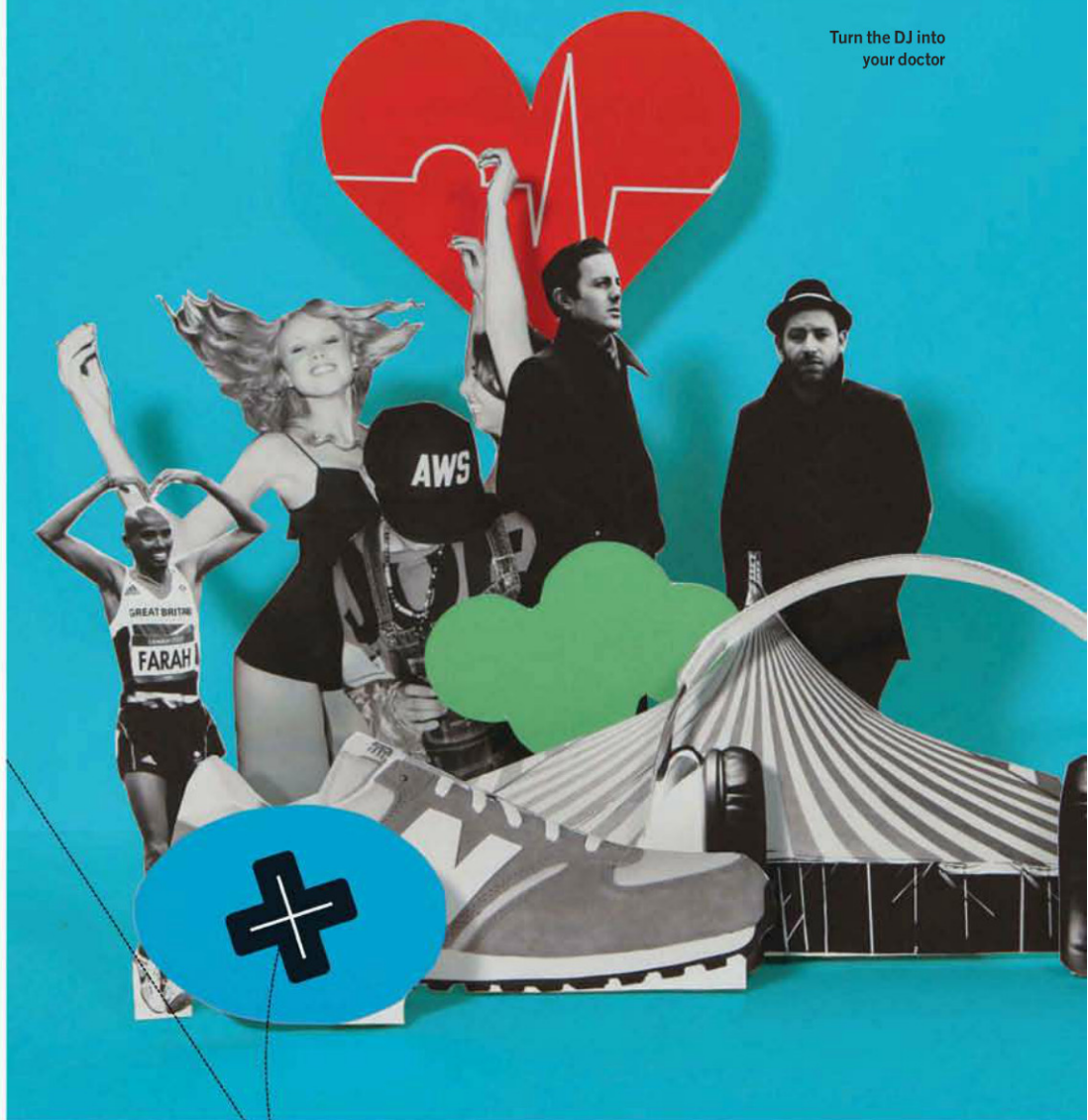
blood vessels to dilate and improving your cardiovascular performance. "We found a 26% increase in the diameter of blood vessels," says Michael Miller, director of the University of Maryland's Center for Preventive Cardiology. "That's along the same lines as you'd get with a statin." Take your medication 20 minutes before your next workout to get your blood flowing before you start. But no glowsticks please.

NOW GO SEE...

RAW DRUM 'N' BASS AT
HIDEOUT, 3-5 JULY

HIDEOUTFESTIVAL.COM

Turn the DJ into
your doctor



FOR OFFICE KUDOS

THE BACKSTAGE AREA GET TO GRIPS WITH THE BANDS NO ONE HAS HEARD OF FOR INSTANT ESTEEM

It's not about who you know – it's about who you know is coming next. The currency of name-dropping the next big act is as valuable at the office water cooler as it is when sporting a golden wristband. Here are *NME* assistant editor Kevin Perry's picks: "If you want English punk with the heart of The Clash and romantic soul of Nick Cave, then Palma Violets will be big at festivals this year. If Oasis are your thing, check out Peace – they're going to be huge." And if that doesn't convince them you're several albums ahead, memorise the following and repeat: "Give Haim a listen. They're like a *Rumours*-era Fleetwood Mac with an R&B beat."

It's not all about vanity, though: a study by the journal *Reality Mining* found that the sense of cohesion colleagues get from swapping knowledge is a major factor in productivity and job satisfaction. And nothing is more satisfying than knowing you're sending a colleague back to their desk and straight onto last.fm to look up your 'discovery'.

NOW GO SEE...
**A-LIST BANDS AT
GLASTONBURY, 26-30 JUNE**
GLASTONBURYFESTIVAL.CO.UK

MH FESTIVAL SURVIVAL TIP

Can't sleep? Breathe in through your nose for a count of four, hold for four; exhale for four. Repeat 10 times. This yogic technique lowers your blood pressure. Time to tune out.

FOR DE-STRESSING

THE ENOUGH IS ENOUGH™ CHILL-OUT ZONE LOWER YOUR BLOOD PRESSURE WITH SLOW JAMS

You've lost your friends, your phone is dead and, quite frankly, you've had enough of talking shit to people you're never going to see again. If that sounds like almost any Friday night of the year, you need this musical

relaxant mixed by Lyz Cooper, of the British Academy of Sound Therapy: "A rhythm that starts at 60bpm and gradually slows to 50 will bring your heart rate down," she says. "The song needs to be at least six minutes long for the process to work." Repeating melodies are too hectic – it needs to have fresh composition throughout to remain effective. Grab your headphones, find some space and take a few minutes out from the festival of modern life. **BYB**

NOW GO SEE...
**LAI-D-BACK TUNES AT
PRIMAVERA SOUND, 22 MAY**

PRIMAVERASOUND.COM

Don't get mad,
get ambient



Music is a powerful drug and *MH* has the auditory cure for all modern man's ills. Physiologist Professor Greg Whyte and DJ Lemmy Ashton have crossed tracks to create these scientifically sound playlists. All songs are available on iTunes now. Hit play – and heal

1 YOU NEED TO WAKE UP



Whether you can't detach yourself from the duvet or you need motivation for a morning workout, the right song will fire you up. "Your playlist should start slowly and build in tempo from 60 to 100bpm," says Whyte. It's 98% more effective than Nick Grimshaw*.

- 1 *Into Dust* Ashtar Command
- 2 *To The Sky* Maps
- 3 *Marchin' In* Lo-Fi-Fnk
- 4 *You Are The Ocean* Phantogram
- 5 *All My Friends* LCD Soundsystem
- 6 *Caring Is Creepy* The Shins
- 7 *Crooked Teeth* Death Cab For Cutie
- 8 *Skeleton Boy* Friendly Fires
- 9 *Kiss* Prince

THIS PLAYLIST STARTS WITH MORE AMBIENT TRACKS," SAYS ASHTON, "AND TAKES IT ALL THE WAY TO 'I'M UP AND DOING SHIT.'"

*Statistic not proven, yet...

2 HIGH-INTENSITY EXERCISE



When you're against the clock, your only focus should be on beating it. "Intense effort needs a tempo of 120bpm or above," says Whyte. If you're working out hard, here's your cardio-training partner.

- 1 *Need U 100% (Skreamix)* Duke Dumont
- 2 *It Gets Dark* Holy Ghost!
- 3 *Take Me Home* Poolside
- 4 *Mint Villa*
- 5 *Sweetness* Mercury
- 6 *Up With The Sun (In Flagranti Remix)* The Deadstock 33s
- 7 *Find A Way (Punks Jump Up Remix)* Joakim
- 8 *Your Love (Waze & Odyssey Remix)* Totally Enormous Extinct Dinosaurs

THIS SET IS MORE DISCO," SAYS ASHTON. "THE SONGS HAVE LONG BREAK-DOWNS TO STRETCH THINGS OUT IF YOU'RE STARTING TO LAG."

3 YOU CAN'T CONCENTRATE...



... And really need to block out the 'banter' of the rest of the office. We have your aural antibiotic: "Research suggests that instrumental and classical music is best for sustained focus," says Whyte.

- 1 *Alone And Unaware* Red Sparowes
- 2 *I Never Liked You* Don Caballero
- 3 *Jasmine (Demo)* Jai Paul
- 4 *Tick Of The Clock* Chromatics
- 5 *Robots In Disguise* Four Tet
- 6 *But We Are Full Of Merde* The Berg Sans Nipple
- 7 *Never Stop* Chilly Gonzales

OK, SO IT'S NOT CLASSICAL," SAYS ASHTON. "BUT THIS PLAYLIST IS MODERN AND INSTRUMENTAL, WITH PLENTY OF RIFFS, SOME ORGAN, EVEN COWBELLS."



4

CARDIO PERFORMANCE-ENHANCER

Consider this the musical equivalent of an energy gel. "For running, cycling and rowing, you should avoid high tempos," says Whyte. "Moderate-speed music with repetitive rhythms is the most effective for motivation over longer periods." Tune in, tune out and tune up your fat-burning.

- 1 *Cruel Intentions (Maurice Fulton Remix)* Simian Mobile Disco
- 2 *You Only Live Once* The Strokes
- 3 *Rock Solid (Mickey Remix)* Rambla Boys ft Stee Downes
- 4 *Ashes To Ashes* David Bowie
- 5 *Nightcall (Breakbot Remix)* Kavinsky
- 6 *Gee Up (Erol Alkan Rework)* Kindness
- 7 *Take A Walk* Passion Pit
- 8 *Take My Pain Away* Moulinex
- 9 *Lost* Frank Ocean
- 10 *Melt (Zimmer Remix)* Kamp!
- 11 *Got Somebody* Moon Boots
- 12 *Where Is My Mind* Pixies
- 13 *The Music (Original)* Marcus Marr

THIS FEATURES A LOT OF LIVE VOCALS AND GUITAR WITH STRONG HOOKS," SAYS ASHTON. "I'VE MIXED 4/4 BEATS WITH MORE ALTERNATIVE STUFF TO HOLD YOUR INTEREST."

5

THE PRODUCTIVITY BOOSTER



Designed for use during circuit training after work or chores around the house. Strong rhythms played loud will help you to plug into productivity. "Maintaining high average energy levels is imperative, so even the 'rest periods' here don't drop too low in tempo," explains Whyte.

- 1 *Dead And Gone (Rework Remix)* Remain
- 2 *Tobago (Original Mix)* Jonas Rathsmann
- 3 *Caramellas (Joakim Remix)* Aeroplane
- 4 *Ghetto Kraviz (Original Mix)* Nina Kraviz
- 5 *Feeling You (Henrik Schwarz Remix)* Omar
- 6 *Housecall (Original Mix)* Boston Bun

"I'VE WORKED IN A FEW SLIGHTLY SLOWER TRACKS AND BREAKDOWNS," SAYS ASHTON. "THIS MEANS YOU'LL GET A FRESH REPEATED HIT AS YOU TAKE ON EACH JOB."

6

WARMING DOWN



Debrief yourself after a tough day with a playlist for the journey home. Here Whyte blends slow-tempo tracks with faster, feel-good songs.

- 1 *So Here We Are (Four Tet Remix)* Bloc Party
- 2 *Next Levels* King Geedorah
- 3 *Forever Dolphin Love (Erol Alkan Extended Version 2)* Connan Mockasin
- 4 *Ceremony* New Order
- 5 *Someone Great* LCD Soundsystem
- 6 *Play* Flunk
- 7 *Maps* Yeah Yeah Yeahs
- 8 *Psychic City (Classixx Remix)* Yacht

"COMMUTING MEANS EARPHONES," SAYS ASHTON, "AND THESE SONGS SOUND ESPECIALLY GOOD 'IN EAR' – VERY, VERY WELL PRODUCED."

7

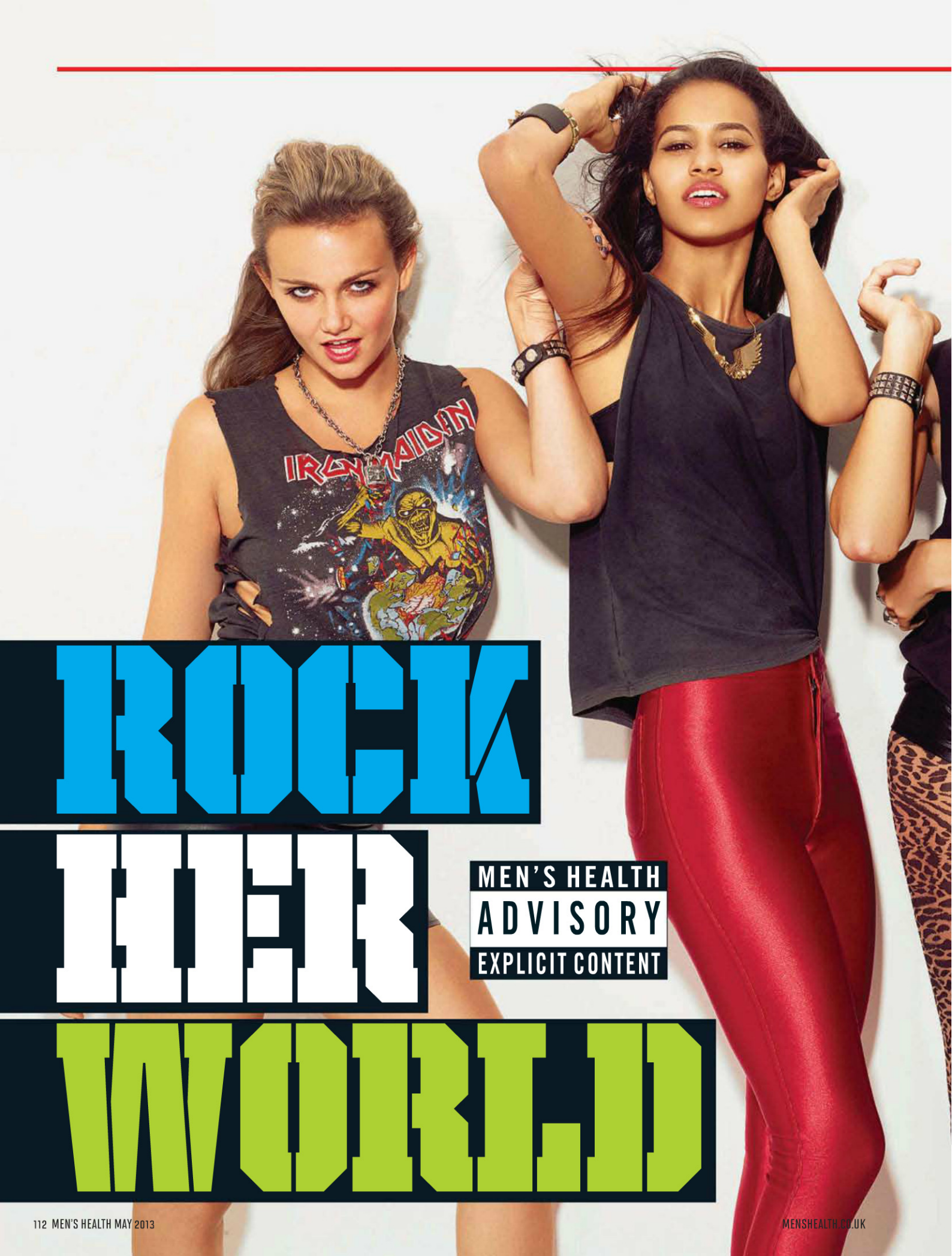
AND NOW TO SLEEP...

When you're struggling to nod off, the sound of silence can be deafening. So drown it out. "This short playlist will bring your heart rate down without waking you up later on," says Whyte. "Play it very quietly."

- 1 *Don't You Know* Jan Hammer Group
- 2 *Your Hand In Mine* Explosions In The Sky
- 3 *Untitled 3* Sigur Rós

"YOU NEED SLEEPY STUFF WITH AS FEW BEATS AS POSSIBLE [60-80BPM]," SAYS ASHTON. "THE LAYERS AT WORK HERE ARE JUST ENOUGH TO HOOK YOU, WITHOUT HITTING YOU HARD."





ROCK

THE

WORLD

MEN'S HEALTH
ADVISORY
EXPLICIT CONTENT



GOOD VIBRATIONS

Meet our favourite
new band:
Girls Aroused

Dim the lights and turn up the stereo. We asked more than 1,500 women what music really pushes their buttons. Over the next six pages we'll show you how to use the right tunes to amp up your sex life and grant you access all areas with more real-life groupies. If anyone asks, just say you're with the band...

44%

OF THE WOMEN WE ASKED SAY
THAT MUSIC ENHANCES THEIR
SENSORY EXPERIENCE OF SEX





THE SWEET SCIENCE OF SOUND

Rocking her to full-body arousal is as easy as pressing play. Find out how music flicks her switches and fast forward to the really good bit

LASCIVIOUS MINDS

A song she likes fires the parts of her brain used for emotion, language, memory and motor response. Which explains the foot-tapping. Better still, according to the journal *Nature Neuroscience*, it also triggers a dopamine hit – the same chemical produced when she has sex, takes cocaine or is given money. Which, henceforth, shall be known as the ‘Aerosmith hat-trick’.

ELECTRIC AVENUE

Music heightens the electro-conductance of her skin, found University of Montreal research. It’s what catalyses the chills she feels during a bloody Adele concert. Plus sex educator Dr Debby Herbenick found that stimulating the skin releases pheromones that increases her desire. Mosh pit for two, then.

TWIST AND SHOUT

Due to the heightened skin sensitivity, some women’s breasts and nipples can become hypersensitive, so handle with care. “Try caressing her whole breast with the flats of your hands rather than your fingers,” says sex educator Nichi Hodgson. “And avoid her nipples altogether.” Unless you want things to get loud in a bad way.

MOVE TO THE BEAT

As your duet comes to a climax, pick up the tempo. Research by the American Psychological Association found that fast-tempo music causes her heart rate and blood pressure to increase. This mirrors her physiological response as she nears orgasm, creating a more powerful wave of pleasure, and calls for an encore.

SLIPPERY WHEN WET

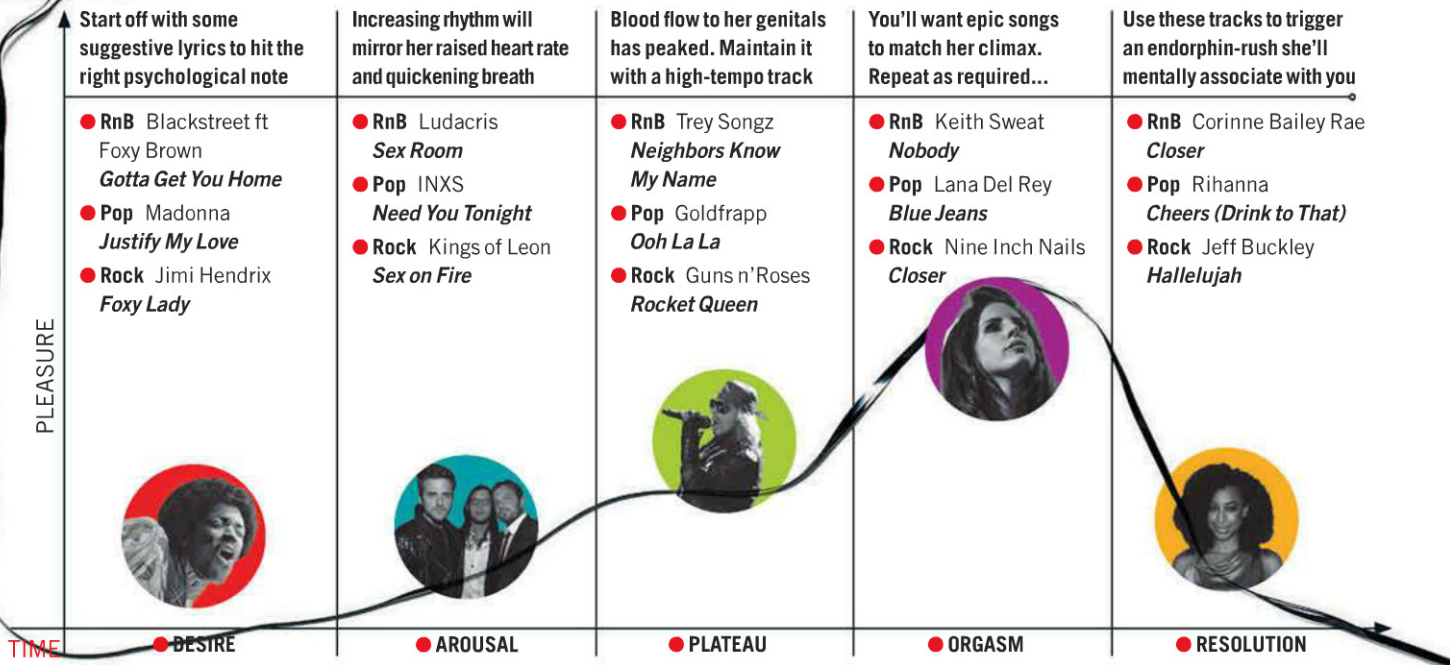
You need to hear this. A recent study at the University of Maryland School of Medicine in Baltimore found that listening to happy, upbeat music causes tissue in the inner lining of her blood vessels to expand, thereby increasing blood flow and turning up the intensity of her orgasms to 11. So always pump up the jam, as it were...





MIXED FOR SUCCESS

This science-backed playlist from the Seattle Institute for Sex Therapy, Education and Research will help her reach a crescendo



97%

OF WOMEN SURVEYED SAID THEY'D BE SEXUALLY EXCITED BY A MIX TAPE MADE FOR THEM

4/10

OF THEM ADMITTED THAT DIRTY LYRICS MAKE THEM FEEL MORE SEXUALLY ADVENTUROUS

A BIT OF MP4PLAY

The songs on her iPod tell you a lot about whether she is likely to let you backstage or not...

In a study by music psychologist Dr Daniel Müllensiefen at Goldsmiths College, University of London, it was found that subjects took their sexual cues from cultural references. So the artist is just as important as the song when it comes to gleaning clues from her iPod. If Rihanna features, you can assume she isn't a nun.

PLUGGED IN

RIHANNA – *COCKINESS (LOVE IT)*
SERGE GAINSBOURG – *MELODY*
LL COOL J – *DOIN' IT*

OPEN MIC

MOGWAI – *TAKE ME SOMEWHERE NICE*
THE ROLLING STONES – *GIMME SHELTER*
CHRIS ISAAC – *WICKED GAME*

JACKED OUT

REM – *EVERYBODY HURTS*
PORTISHEAD – *MACHINE GUN*
THE SMITHS – *I KNOW IT'S OVER*

In 2011, the psychology department of the University of Groningen discovered that music has such a significant effect on perception that people mentally picture sad faces when they are listening to sad music. A 'recently played' list loaded with melancholy means a happy finish to your evening is less likely.

We don't know why we derive pleasure from abstract rewards such as music, but we do. A study by McGill University in Canada found listening to favoured tunes spiked subjects' dopamine levels. If she's into classic songs then sticking one on should reap rewards. ▶

HI TECH, LOW LIGHTS...

DJmagtech editor Michael Wilson selects the best A-grade audio equipment to squeeze every bit of juice from the physical and psychological power of sound

CABLES

Vestax d+ Neo cables, from £20 (dynamic-distribution.net)

A range of cables for connecting everything to everything. They're made from high-end materials to ensure perfect audio transfer from your equipment to her ears.

HEADPHONES

AiAiAi TMA-1, £170 (dynamic-distribution.net)

These are worn by the likes of LCD Soundsystem's James Murphy. They'll look much better on her, though.

SPEAKERS

Zikmu Parrot by Philippe Starck, £700 (harrods.com)

These create the perfect acoustic balance wherever they're positioned and stream music from your iDevice, computer, TV and (probably) your mind.

HOME DJING

Numark iDJ Pro, £309 (numark.com)

You can plug your iPod directly into this DJ docking station and use Alogriddim's DJay software. It has all the features you'd expect from a pro system but at a fraction of the price.

BASE UNIT

Bowers & Wilkins A7




£699 (bowers-wilkins.co.uk)

The 'airplay' system means it will play all your hard drive-based MP3s via wifi.



"YOUR" SONG SELECTOR

Match the music to your mate for a song you can both associate with the good times

SHY	SHE WANTS	YOU WANT	YOUR SONG	THE SCIENCE
	<p>● Adele</p> <p><i>Someone Like You</i></p>	<p>● Massive Attack</p> <p><i>Girl I Love You</i></p>	<p>● Fleetwood Mac</p> <p><i>Gold Dust Woman</i></p>	<p>The Goldsmiths College study found that both sexes veered towards more raspy vocals when looking to set the mood for love. Think less AC/DC and more Stevie Nicks, though.</p>
EXTROVERT	SHE WANTS	YOU WANT	YOUR SONG	THE SCIENCE
	<p>● Rihanna</p> <p><i>If It's Lovin' That You Want</i></p>	<p>● Ice Cube</p> <p><i>It Was A Good Day</i></p>	<p>● The Roots</p> <p>ft Erykah Badu</p> <p><i>You Got Me</i></p>	<p>McGill University in Montreal found that 'surprising moments' in a piece of music elicit more emotion. A track filled with key changes will garner a more intense response.</p>
SERIOUS	SHE WANTS	YOU WANT	YOUR SONG	THE SCIENCE
	<p>● Sinéad O'Connor</p> <p><i>Nothing Compares 2U</i></p>	<p>● The National</p> <p><i>Terrible Love</i></p>	<p>● Massive Attack</p> <p><i>Teardrop</i></p>	<p>According to the Goldsmiths study, the more dynamic the music, the greater the effect on mood – so Elizabeth Fraser's huge vocal range has been helping men get laid since 1998.</p>

AND IF YOU HAVE TO DANCE

Let Mark Short, head of dance at City Academy in London, run you through the golden rules



KNOW YOUR BODY

Dancing starts at the gym. "The more confident you are with your physique, the more that will translate onto the dance floor."



MOVE YOUR FEET

Have no fear. "Even the most ungainly man can step from side to side to the beat. In a packed club, less is definitely more."



CONTROL YOUR ARMS

"Don't go mad, and strictly no flailing. Leaving them by your sides is OK – and so is the occasional hand-pump." **MS**



9/10

OF THE WOMEN WE SPOKE TO LIKE THE IDEA OF HAVING 'OUR SONG'. (SEE LEFT TO MAKE IT A GOOD ONE)

48%

OF WOMEN SURVEYED THINK A MAN JUST TRYING TO DANCE IS SEXY. STICK TO CUTTING SHAPES YOU'RE COMFORTABLE WITH...

DO YOU EVER...

- THINK YOU DRINK TOO MUCH?

Y	N
<input type="checkbox"/>	<input type="checkbox"/>
- WONDER WHERE YOUR MONEY'S GONE?

Y	N
<input type="checkbox"/>	<input type="checkbox"/>
- STRUGGLE TO SLEEP?

Y	N
<input type="checkbox"/>	<input type="checkbox"/>
- FEEL GUILTY IN THE MORNING?

Y	N
<input type="checkbox"/>	<input type="checkbox"/>
- WORRY YOU MIGHT NEED A LITTLE HELP?

Y	N
<input type="checkbox"/>	<input type="checkbox"/>



Is it time to
put a cork in
your excesses?

If you answered yes to these questions, you might need to go to rehab. Will Storr explores the physical and psychological realities of his own recovery to find out if therapy is really worth your while

ILLUSTRATIONS PRINCE HAT

H

ere's a truth about addiction that only addicts know. It's not about drinking, or caning coke, or pushing triple-chocolate Häagen-Dazs down your throat until you're sick. Before that, there's the hollowness. It's like a vacuum that sucks at your attention, and you can feel it physically, in your throat and your chest. You try to ignore it. But it's *hard*. Your eyes flicker towards the place where you're keeping whatever it is you need. You can't help thinking about it, until it's 'Fuck it, why not?' And when that void is finally being filled, you experience a kind of soiled euphoria.

The entire world becomes just you and the terrible bliss of satiation. And you need more and more and more, yet somehow it always adds up to less.

I know this because I'm an addict. It began with tobacco. Throughout my early twenties, I smoked roll-ups, filterless for extra power. I began to worry when I realised I was craving the second while smoking the first. It was vanity that made me quit. At a photo shoot, I overheard a make-up artist in conversation with the actress I was about to interview: "Did you see the yellow stains on his fingers? Disgusting."

Alcohol came next. It wasn't fun that I sought, but oblivion. Days were for worrying – about my loneliness, my failing, fattening body. Nights were for taking violent revenge on the life I found so exhausting. I'd prepare for a long night on gin and Es in front of the telly by downing a bottle of red in half an hour. It was ordinary for me to make my morning commute drunk. **It was self-loathing that stopped me drinking, too. I began to hate the drunk iteration of myself more than the sober one. I punished him by stopping.**

Low self-esteem has been my best friend. The anger it generated became a drill sergeant that pushed me to give up alcohol, drugs and smoking. I've been clean, now, for more than

a decade. But the hollowness remains. Today, I feed it with junk food. I can eat two family-size pizzas and a large block of Fruit & Nut and still find myself hunting in the fridge. I punish myself on weight-loss programmes. It was while jogging in the freezing rain that I wondered if I had erred in my rehabilitation. Was I cured? Or had I merely replaced the most destructive vices with habits that will kill softly?

"You need treatment," Mandy Saligari tells me. We're in one of the counselling rooms in her Harley Street rehabilitation centre.

She thinks I need help because I'm still feeling that sense of emptiness. Perhaps she's right. Perhaps I can be fixed, after all.

I'm certainly not alone in being hopeful; figures from the National Treatment Agency say that, last year, nearly 200,000 people had

help with drug addiction in England, with a further 109,000 seeking help for alcoholism. Most users attend group therapy.

This tends to be based on the Alcoholics Anonymous famous '12-Step' process, which aims to help addicts take responsibility for their condition.

But for those for whom casual meetings aren't enough, there's rehab. This involves the application of a variety of talk-based

cures, applied over a course of weeks at a drop-in clinic or residential centre. According to Action on Addiction, there are around 100 clinics in the UK. Around 4,000 of us use them every year; 64% of them last year were male.

Since its 2008 opening, Saligari's clinic, Charter, has treated around 900 people with a range of addictions. **They offer daycare treatment, which is increasingly popular with people who are unable to drop out of life for the four to six weeks a residential centre usually requires.** Following two intensive weeks, clients can come in three days a week and attend evening workshops. You pay £315 per day.

Saligari is herself a recovering addict, having received treatment for "drugs, alcohol and unmanageable behaviour". She's worked in the field for 20 years and is accredited by the Federation of Drug and Alcohol Professionals. She does not have any medical expertise. But she does have experience. A former TV

I began to worry when I realised I was craving the next cigarette while smoking the first

IS YOUR HOBBY A PROBLEM?

The signs of compulsive behaviour can be subtle

SEX

"I had a harem of about 10 women, whom I would rotate in addition to one-night stands and random casual encounters"

Russell Brand



BOOZE

"As much as I'd love to be a person that goes to parties and has a couple of drinks, that doesn't work for me"

Daniel Radcliffe



FIZZY DRINKS

"I took out my trash and I had 300 cans of Diet Coke. I was like 'How did that happen?' I don't even remember buying them"

Robert Pattinson



GAMING

"He plays video games seven hours a day... he is obsessed with video games"

Former coach Brad Gilbert on Andy Murray



EXERCISE

"Yeah buddy, lightweight baby! Ain't nuttin' but a peanut!"

American bodybuilder Ronnie Coleman



REHAB: THE FIGURES

4,000
BRITS TREATED EVERY YEAR

100
NUMBER OF REHAB CLINICS IN THE UK

64%
ARE MALE 

executive, she collapsed in the street after a night “caning it” and had a mini stroke. Saligari believes I’m still experiencing a sensation of craving, because “you’ve done it all through self-will. You’re abstinent but not recovered. Getting abstinent is the easy part. You haven’t worked on the underlying problem of your illness. That can be treated only through talking to another person. I think the gold-star treatment for addiction is group therapy.”

If you think you might need treatment, she advises you ask yourself a couple of essential questions: Can I control myself? Is it possible for me to socialise normally? “If it’s not, you have to pick up the phone and ask for help.”

Like most clinics, Charter combines the 12-Step programme, with an eclectic gang of therapies: psychodynamic (focusing on your ‘unconscious’), gestalt (emphasising personal responsibility), cognitive behavioural therapy (CBT), dialectical behavioural therapy (which combines CBT with emotional regulation), and trauma work, relating to how memories are held in the body. Her favourite new variety is Eye Movement Desensitisation and Reprocessing (EMDR), which “refiles” traumatic memories in such a way that they “will no longer disturb you”. When I ask how it works, she says, “By holding vibrating things in either hand, to trigger the left and right brain. It’s amazing!”

To me, all of this feels worryingly vague. I’ve no doubt that many of Saligari’s clients have benefited from the support they’ve received. But essential for placing your faith in rehab is trust. Tales of vibrating things “refiling” memories make me nervous. I would feel safer with a bit of empiricism. But genetics, she says, doesn’t play a role. Instead, a person becomes vulnerable to addiction due to the “culture” of their ►

Don't fall foul
of bad habits

family, if a certain, unnamed part of the brain is underdeveloped or if they were "over-sensitive" as a child. I ask Saligari how many of the people Charter treats remain clean in the long term. "I think we have a good success rate." Do you know what it is? "No," she says. "And I really wouldn't want to have a stab at it."

"The problem with rehab," I'm told, "is that no one's ever validated it." For a more scientific perspective, I'm speaking with Bankole Johnson, a professor of neuroscience at the University of Virginia. "Rehab clinics have been going for 75 years. You'd think, by now, that there would be incontrovertible data." I ask how ordinary is it for a clinic to let scientists study their efficacy. "Never," he says. "It doesn't happen."

Contrary to what Saligari insists, Professor Johnson says there is a significant genetic component to addiction. "About 60% of the vulnerability is inherited," he says. "So, 60% is in your genes, 40% in your environment." Rehab, he says, centres on the environmental bit: the narrower part of the disease. "With a medical treatment, focused on addressing the biology, you're more likely to be effective."

I'm surprised to discover that addiction can be medicated. Acamprosate, for example, helps with cravings for alcohol. Varenicline deals with nicotine. One study in the *Journal of the American Medical Association*, found that a 15-minute motivational interview, plus a medication called Maltrexone, worked better than any kind of psychological intervention. "For someone who has uncomplicated alcohol dependence, if you try to reduce their drinking with medication, you have a 70% success rate," says Professor Johnson. Why isn't this

better known? "That's a very good question. I don't know. A reluctance of the public to admit that alcoholism is a disease, perhaps."

Professor Johnson compares addiction to asthma or diabetes. "If you ask people if those conditions require medication, they say yes. But they have the same genetic component as alcoholism. It's like telling a diabetic to go on a diet and when their eating is under control, you *might* consider giving them medication. Doesn't that sound outrageous to you?"

Professor Robert West, of the Health Behaviour Research Centre at University College London offers a more nuanced view. He says that the problem with a therapy such as EMDR is that without a placebo-controlled study, you can't judge its effectiveness. The idea on which it's based – that traumatic memories can be extracted from one part of the brain, and then "refiled" in a less damaging form – is, he laughs, "not based on any science I've come across."

Addiction, in the end, is driven by many factors. "Some people think addicts are using drugs to escape from unhappy lives – many are," Professor West tells me. "Some people think drugs become addictive because they alter the brain chemistry to create powerful urges; that is also true. And others think that drug taking is about seeking pleasure; often it is. And so it goes on. When you look at the evidence you see that all of these positions capture important

aspects of the problem, but none of them offers a complete explanation."

So, which one am I? It's impossible to say, of course. I can hardly unscrew my brain and identify the flaw, like a clock maker, to understand why I struggle with my inner self. Impulse control? Unhappy life? Anxiety? Absolutely. Just like everyone. Just like you.

For me, it was the bitter marathon of quitting nicotine that helped me give up alcohol. **The single most important lesson I learned was that, no matter how bad the cravings became, they would always pass.**




And the longer I remained clean, the rarer the cravings would become. I learned to predict the moments at which they'd be at their worst – on arriving at the pub, that first decision on what to order – and accept that, yes, the next few minutes would be hard. The hollow would open up, my palms would sweat. And then it would ebb away. Quitting is pushing through all those hungry passing waves, one by one by one.

For those worried about their intake, use that worry as a sign. Count the ways in which your life would improve if you got clean. You'll be wealthier, healthier, better at your job. You'll rediscover Mondays. And if the thought of that version of you triggers a rising sensation of warm, calm hopefulness, your unconscious is probably trying to tell you something. It took me a while to hear mine talking.

If I had my time again, I'd call a doctor. And while I'd doubtless be recommended therapy, I'd insist upon a conversation about medication. That people associate addiction with indulgence and weakness is, perhaps, natural, given our moral culture and its emphasis on self-control. But those sort of judgements benefit nobody. That it's easy should be seen as a benefit. No matter what form rehab takes, help is help. **EW**

If you try to reduce alcohol dependency with medication, you have a 70% success rate

DIY INTERVENTION If you think about pizza more than sex or yarn for the next pint while drinking the first, here's how to clean up your act

VICE	CRAVING	GIVE IT UP	QUICK FIX
	"Low serotonin – the happy hormone – and excess hunger-stimulating ghrelin make you overeat," says Dr James Braly of York Nutritional Lab.	Give up sugar and wheat (the likely culprits) for two days to break the cycle. Stay active to distract yourself, suggests therapist Debbie Williams.	Eat meat for breakfast: a high protein meal early in the day lowers ghrelin levels. And try taking 5-HTP supplements to boost serotonin naturally.
	"Cravings are often caused by anxiety, anger or stress," says Dominic McCann of Castle Craig addiction facility. Try to identify your trigger.	Expect it to take time. Unlike cigarettes, where the active chemical leaves the body after a week, physical dependence on drink can last six months.	Research from the University of North Carolina revealed that using an oxytocin nasal spray (£40, oxytrust.com) can reduce your urges.
	"Recognise that cravings will only last 5min and are always caused by a cue, such as the first coffee in the morning," says McCann. Wait it out.	Get paid for giving up. With the NHS, you can make money for documenting the quitting process. That's in addition to the thousands you'll save.	"Odd as it sounds, one of the most effective methods is sucking a mint, then taking a deep breath," says McCann. "It replicates inhaling smoke."



The Hunger and the Howling of Killian Lone by Will Storr (Short Books, £12.99) "A well-crafted debut" *The Independent*



HELP IS AT HAND

Alcohol

Call Drinkline free on 0800 917 8282 (9am to 8pm).

Drugs

Go to addaction.org.uk for free treatment at over 120 projects around the UK.

Nicotine

Order an NHS 'quit kit' and download its support app at smokefree.nhs.uk.

Sex

Take Sex Addicts Anonymous's self-test at saa-recovery.org.uk.

Gambling

Speak to GamCare on 0808 802 0133 (8am to midnight).

Everything else

Get online support for any other sort of compulsive behavior at ocduk.org.

Mac-x'd out on junk food? It could be part of a bigger problem



SMILE LIKE YOU MEAN IT

Little things can make a big difference. Colgate's new Total Interdental toothpaste – containing millions of micro-cleaning particles – will revolutionise your teeth cleaning experience

GO TO
MENSHEALTH.CO.UK/COLGATE
to see a video of what our
testers thought about
Colgate Total Interdental

It takes 15 seconds to make a first impression according to new research from the University of Oregon¹.

Just 15 measly seconds: that's about long enough to approach, smile, shake the other person's hand and introduce yourself. And in two of those actions, your teeth are front and centre.

Luckily, Colgate® has a new product to help you get the most from those invaluable moments. Think of it as a secret weapon for first impressions.

Colgate Total Interdental™ will revolutionise your tooth cleaning experience. The

patented technology inside every tube means millions of micro-cleaning particles go to work deep *between* your teeth – to reach where your brush can't. And those millions of particles all add up to produce an unbeatable, superior clean that you'll feel pretty much instantly.

Put simply, this toothpaste will change the way you feel about brushing your teeth (and meeting new people) for good.

But it's not just about confidence and reliably fresh breath. Colgate Total Interdental is also great news for your deeper oral health. Those ingenious

micro-cleaning particles will combat plaque *throughout* the day. And that's not all: the toothpaste's unique long-lasting antibacterial formula also protects your teeth and gums against the eight most common dental problems*, from cavities to staining. Imagine, if you will, having that dentist-clean feel *every* morning.

But don't just take our word for it. We asked a group of *MH* readers to put their errr... mouths where their mouths are, by trialling new Colgate Total Interdental for themselves. You can see – and read about – their experiences here. And next time you run that 15-second gauntlet, just consider how much easier it would be after an unbeatable, superior clean.

Colgate Total Interdental is available in all major supermarkets at £3.49 (RRP). Visit colgate.co.uk for more information.

**“YOU CAN ACTUALLY *FEEL*
THE MICRO-CLEANING
PARTICLES WORKING”**

CHRIS SCOTT, 26, CIVIL SERVANT FROM BEXLEY, KENT

*PROTECTS AGAINST THE 8 MOST COMMON DENTAL PROBLEMS: CAVITIES, GUM PROBLEMS, PLAQUE, TARTAR, STAINING, BAD BREATH, ENAMEL EROSION, SENSITIVE TEETH



"I go to the gym three or four times a week, but the health of your teeth is just as important as the rest of your body. My old toothpaste was pretty run of the mill, but this one feels like a really premium product."

GRAEME MAYNARD, 26, EVENTS EXECUTIVE FROM ST ALBANS



"I really feel that Colgate has raised the bar for oral health with this one: a far deeper clean for no extra effort. It's like an upgrade for your mouth."

AARON EDWARDS, 29, PROJECT MANAGER FROM CHELTENHAM



"Colgate Total will revolutionise your tooth cleaning experience. It's smoother and thicker, and you can actually *feel* the micro-cleaning particles working between your teeth throughout the day."

CHRIS SCOTT, 26, CIVIL SERVANT FROM BEXLEY, KENT



A CLEAN SWEEP

Colgate Total Interdental contains patented technology to significantly improve your oral health *and* your daily confidence

What makes one toothpaste better than another? Years of detailed research and brand new patented technology, that's what. Colgate Total is the world's most researched toothpaste², with more than 80 studies conducted with nearly 20,000 people. And the latest version –

Colgate Total Interdental – is the most advanced yet. Not only do its millions of micro-cleaning particles go deep between your teeth to give an unbeatable, superior clean, but the unique combination of an antibacterial agent with copolymer also helps protect your teeth too. Think of it as your personal

anti-bacteria barrier. To make this champion toothpaste even more effective, we recommend deploying it with the UK's first intelligent electric toothbrush – the Colgate ProClinical® A1500. Thanks to its unique smart sensors, the brush automatically adjusts to wherever it finds itself in your mouth – using

different speeds and cleaning methods to deal smoothly and efficiently with each area.

Colgate Total Interdental and the Colgate ProClinical A1500 are an unbeatable combination for healthier, cleaner teeth and gums. Now that's something to smile about.



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PERSONAL TRAINER

EDITED BY ALEX HARRIS

BECAUSE FIT IS THE NEW RICH

IN THIS SECTION



JOIN THE REVOLUTION

Tacfit, a new gym-free workout trend, will transform the way you train. Test it out on **p134**



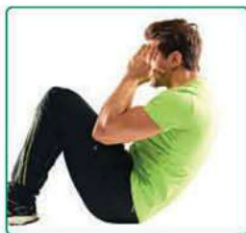
COMBAT GRAVITY

Invented by Navy Seals, the TRX will help you fit in a full-body workout anywhere **p142**



BULK UP YOUR PLATE

US basketball giant LeBron James lets *MH* in on his daily diet for huge performance **p145**



BURN OFF FRIDAY NIGHT

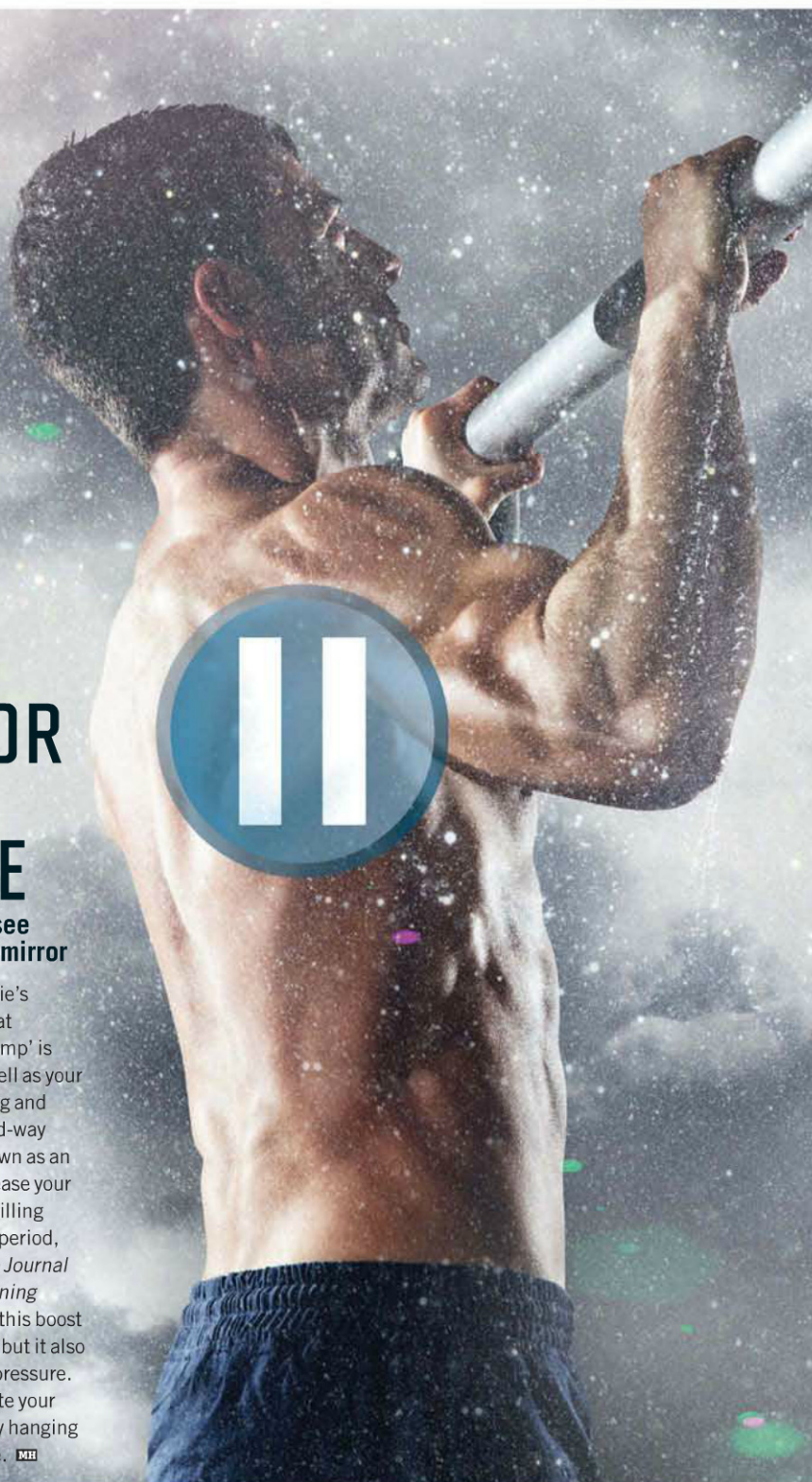
Offset any weekend excess with these intense circuits at home or in the gym **p148**

Stop what you're doing: this is the key to serious growth

PAUSE HERE FOR MORE MUSCLE

Use static holds to see faster results in the mirror

There was method to Arnie's madness – achieving what bodybuilders call 'the pump' is good for your health as well as your physique. Simply pausing and tensing your muscles mid-way through an exercise (known as an isometric hold) can increase your artery width by a T-shirt-filling 11% over an eight-week period, found a new study in *The Journal of Strength and Conditioning Research*. Not only does this boost the size of your muscles, but it also brings down your blood-pressure. So you'll, ahem, terminate your heart-attack risk and stay hanging in there for years to come. **MH**



R. Terry

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FAST RESULTS

Power through the toughest session with this pre-workout protocol

Get off the yoga mat and adopt this scientifically backed warm-up for improved speed and endurance. Start with a light, 5min jog, then do the three dynamic co-ordination exercises *right*. A study on 97 rugby players by Luton University's Exercise Physiology Laboratory found this significantly boosted their pace. Finish off your warm-up with three 30sec treadmill sprints. This combination prepares your heart for intense exercise, boosts blood flow and primes your nervous system, so your muscles 'switch on' more quickly. We'll catch you in Rio.

ASK THE MHPT

by Dr Joseph Lightfoot

Q I want an eight-pack. How can I target the bottom two abs directly?

A Revealing those bottom abdominals is more to do with fat (or a lack of it) than muscle, so start by examining your diet. Certain training tricks will also help to speed development in that area. Learn to brace your core: push your abs out, take a deep breath and tense them hard. Do this during *all* exercises. Lastly, you can isolate the muscles using reverse crunches: lie on your back and bring your knees towards your chest, allowing your pelvis to tilt. Let us know how you get on: facebook.com/MensHealthUK

The increase in your intensity and total workout time during resistance sessions if you train with someone who you perceive to be fitter than you are

Source: Kansas State University

The new supps to drop this month

THE SUPP
WHAT IS IT?

WHY TAKE IT?

WHERE TO BUY

THE HOME-GYM REVOLUTION

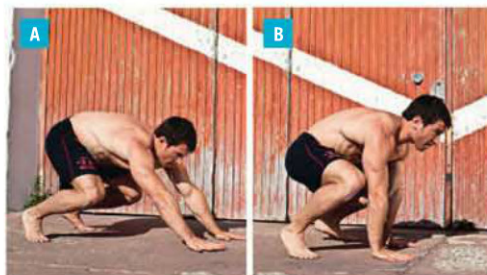
A new bodyweight-exercise trend is taking the US by storm. Here's how Tacfit can give you all-over muscular definition and the strength of a commando

Your training regime just went rogue. If the gym is The Establishment, Tacfit is fighting the power by mixing T-shirt filling muscle-building with functional performance. Based on the tactical response training used by elite military groups, it works your body from all angles, to stimulate more muscles. And the best bit: it won't cost you a thing.

"Short for 'tactical fitness', Tacfit is based on practical movements," says coach Raimar Mohrdieck. "You train for 20-30min in high-intensity intervals." The benefits aren't just physical, either. The moves are intentionally complicated to test your mind as well as your body, preparing you for elite performance in real-world situations.

So if you want military-grade muscle that's responsive and powerful, drop your barbell and try this. Do the 3 circuits for 6 weeks (Monday, Wednesday and Friday, ideally) with a day's rest in between each. If you'd rather stick to your gym routine, try adding one of these sessions on the weekend. Going back to those barbells on Monday will feel a whole lot easier.

A POWER & FAT LOSS Perform each move for 20sec, then rest for 10sec before moving on to the next exercise. Repeat the circuit 5 times. Rest for a day before completing circuit B as your next workout



1 THE KONG

Dynamic squat jump; best as a warm-up

A Employ guerilla tactics with this animalistic full-body primer. Get into a deep squat with both arms forwards touching the ground in front of you.

B Jump your feet in close to your arms, then return to position A. Keep the movement constant and fluid.

ELITE TIP "If you land more on your heels, you'll hit your core muscles harder," says Mohrdieck.



3 LEG SWOOP

Co-ordination exercise; works core and legs

A This will build hip mobility for faster direction changes during those Sunday league games. Start with your arms extended and legs bent, as shown.

B Move your left leg out to the right behind your arms. Now move it back behind you, lifting your right leg so it can pass. Repeat with the other leg.

ELITE TIP "Tighten your core as you move your leg back: this makes it easier and hits your lower abs."



2 QUAD HOP SQUAT

Press-up from squat; targets legs and core

A This one's a great fat-burner. Start in a deep squat – keep your heels flat on the ground, if possible.

B Hop your feet back to land in a compressed press-up, knees not touching the floor. Now tense your body and push up explosively to return to position A.

ELITE TIP "Try to keep your elbows facing outwards when in position B for better cushioning."



4 TACFIT FLOW STEP

Dynamic lunge; trains core, glutes and legs

A You'll feel like a ninja performing this move. Place your hands and feet flat with your hips bent at a right angle. Lift your right leg high to form a straight line.

B Bring your leg forwards explosively, to underneath your shoulders, and extend your arms to the sides like you're trying to fly. Hold, then repeat to your left.

ELITE TIP "If it's too difficult, leave your hands on the ground and place your leg between them."

DEFINITION

TOTAL FITNESS | 6 WEEKS

POWER TO THE PROGRAMME

Keep your training fresh by creating your own workout

01 For weight loss: Tabata training

Do 20sec bursts with a 10sec rest: that's 1 round. Repeat 8 times per exercise. Choose 4-5 of any of the moves for each workout.

02 For muscular endurance: AMRAP

It stands for "as many rounds as possible". Choose 4 moves, aim for 10 reps of each and repeat as a circuit for 5min without resting.

03 For pure strength: on the minute

Do 4 moves in 1min, aiming for 5 reps of each. The faster you work, the more rest you get at the end. Try increasing the reps each time.

04 For muscle building: Fibonacci series

The number of reps is increased using a formula: the next rep count is a result of adding the previous two. Try: 5, 8, 13, then 21. ►

Unleash a tactical strike on your love handles

WHEN I FEEL
THE WEIGHT
OF THE WORLD ON
MY SHOULDERS

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MORE

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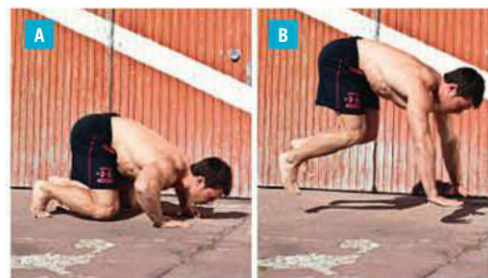
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MILITARY
MUSCLE IN FOUR
WEEKS AND NO
GYM FEES!



We call this Zero
Dark Burpee

B **6-PACK SCULPTOR** Do each for 20sec with no rest. Repeat the circuit 4 times. Rest 1 day



1 QUAD HOP

Compact press-up jump; works your upper body

A Crouch down, elbows out and knees off the ground.

B Push up hard with your hands and feet. This is a great strength-builder. And still not a barbell in sight...

ELITE TIP "To improve your co-ordination, try doing this exercise with a forward or circular movement."



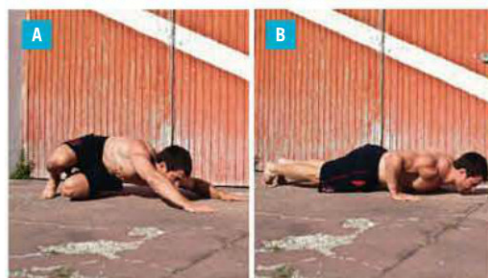
2 TRIPOD

Co-ordinated hip turn; strengthens the core

A Lean back on your hands, feet just beyond shoulder-width. Raise your right hand and twist to the left.

B Now push up with your arm and swing your torso to the other side. Land on your right arm. Reverse.

ELITE TIP "Beginners can start in the 'leg swoop' position and move their arms from side to side."



3 SWING PLANK

Dynamic deep press-up; hammers the core

A If you only master one ab move, make it this one. Place your palms flat, with your feet a metre or so behind them, knees turned out to the right.

B Pull your body forwards and straighten your legs, then return and repeat to your left-hand side.

ELITE TIP "Stay as low as possible as you alternate." ►

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- ▶ Bioavailable pure crystallised creatine
- ▶ Creatine contributes to an increased physical performance

BOOST MUSCLE PERFORMANCE

BIOAVAILABLE CREATINE




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*There is good scientific evidence that creatine can increase physical performance during short-term, high intensity, repeated exercise bouts, when taken at dosages of 3g and more a day.

WHEN Creatine Loading: For the first 5 days of use, take 1 teaspoon 4 to 5 times daily with 250ml fruit juice or your favourite protein drink.

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Product helps support muscle building when used in conjunction with an appropriate diet and weight training programme. Must not replace a healthy and balanced diet or regular exercise.

C **UPPER-BODY MUSCLE** Perform 12 reps of each move without pausing, then rest 40sec. Do the circuit 5 times in total, subtracting 2 reps each time you repeat it. Recover for a day before your next workout



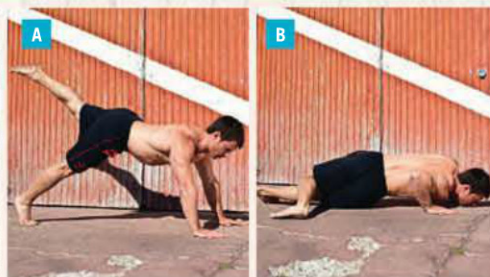
1 HINDU PRESS-UP

A tougher press-up; hits triceps and shoulders

A Get into the downward-dog position, as shown.

B Bend your arms, drive downwards, then straighten and raise your chest. Good job, soldier.

ELITE TIP "Keep your elbows in close throughout."



2 SCORPION

Elite press-up; targets every arm muscle

A From a standard press-up position, lift your left leg.

B Lower your torso and place your left foot to the right. Lift up, switch sides. This is great for stability.

ELITE TIP "Tighten your core to protect your back."



3 PUSH PLANK

Flat press-up; works shoulders, back and arms

A For granite shoulders, crouch with your hands flat.

B Push from your shoulders (not your legs) to shift your upper body forwards. Stay close to the ground.

ELITE TIP "Aim for a smooth, fluid movement."



4 CROW TO HANDSTAND

Intensive move; strengthens shoulders and back

A Crouch with your arms slightly bent, knees outside your elbows. Gradually lean forwards to lift your feet.

B Slowly raise up. Let's see your gym buddies do *that*.

ELITE TIP "Only try B once you've mastered the crow."

JOIN THE MEN'S HEALTH ELITE

See how you stack up against our other readers

Create your own four-move AMRAP circuit (see the box on p135) and repeat the circuit as many times as possible within 5min. If you achieve the elite or advanced levels, we'd love to see it. Send your videos to [facebook.com/MensHealthUK](https://www.facebook.com/MensHealthUK) and we'll repost them. **MH**



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ADVANCED
4 circuits



AVERAGE
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the ground up



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10
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give away!



1 PIECE OF KIT
10 WAYS

HANG TOUGH

You can sculpt every muscle in your body (forever) for just a quarter of a year's gym fees. With a TRX, gravity is your PT

The TRX was the brainchild of a Navy Seal, born out of necessity for keeping in shape during deployment. The principles are simple: hang it up (you can do this at home using a secure bracket), grab the stirrups and work your body against gravity to build muscle and burn fat. The instability caused by the suspension develops serious strength that's very hard to replicate with regular weights. And with the 10 moves here, you can work every muscle group too, so it's worth the hook up.

KEY



Upper Body



Lower Body

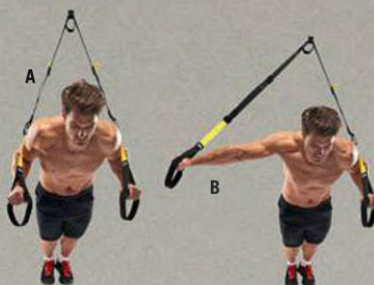


Core



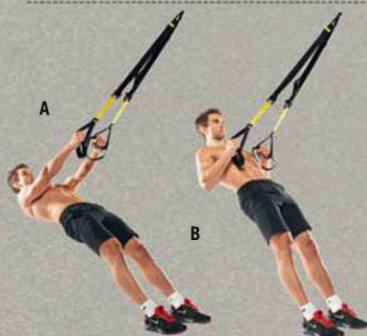
1 SQUAT & FLY 60SEC

Grab the stirrups and squat down, allowing the TRX to take your weight (A). Drive up, spreading your arms as you rise to target your shoulders (B). Drawing your arms apart hits your rear delts, making this a full-body move.



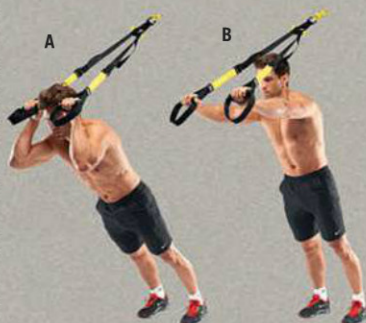
2 CLOCK PRESS 60SEC

Lean forwards holding the straps (A). Hold your left arm to your chest and extend the right (B). Return to the start and repeat with your other arm. The left-right switches improve your muscle reaction times for better agility.



3 LOW ROW 60SEC

Lie under the TRX and grab hold of the handles (A). Raise your body, drawing your shoulders back to focus the work on your lats for that V-shape (B). The Charlie Sheen levels of instability make this move a great back builder.



4 TRICEP PRESS 60SEC

For horseshoe triceps, hold tight and bend your arms so your forearms come to your head (A). Then extend forcefully to straighten your arms (B). This one burns, but it hits every fibre in your triceps for quick gains.

WORDS: ALEX HARRIS | PHOTOGRAPHY: ADRIAN WEINBRECHT | MODEL: ADAM LAUGHTON | STYLING: DANIEL HIGGINS
GROOMING: USING KEHL'S | SHORTS: STARTERBLACK LABEL
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MUSCLE

ABS, TORSO, LEGS | 20min



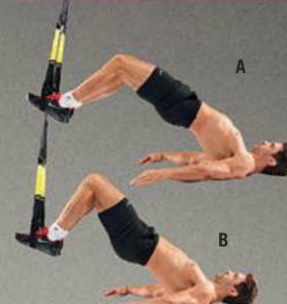
5 1-LEG SQUAT 30SEC PER LEG

Hold the handles and lean backwards, raising your left leg (A). Squat on your right leg, tensing your core to prevent any wobbling (B). Fire back up. This hammers your glutes and quads, burning hundreds of calories.



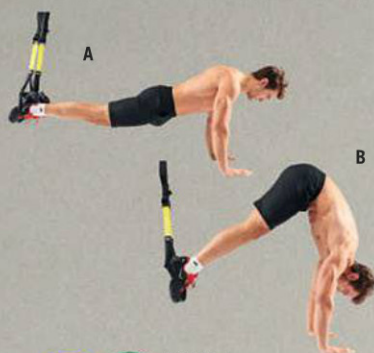
6 LUNGE 30SEC PER LEG

Place your left foot into the stirrups and drop into a lunge (A). Squeeze your glutes and drive your body up, raising your left knee up to hip height (B). It's a tough move, but bigger glutes will improve your running and posture.



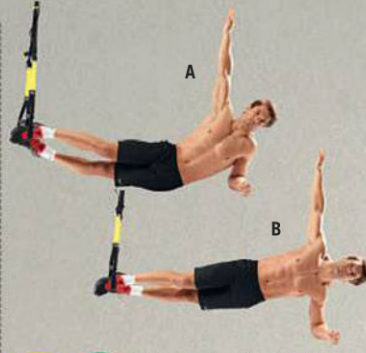
7 HAM CURL 60SEC

On your back, put your feet in the stirrups, with legs slightly bent (A). Pull your feet towards you, keeping your hips as high as possible (B). That pain in your hamstrings and core is solid muscle under construction.



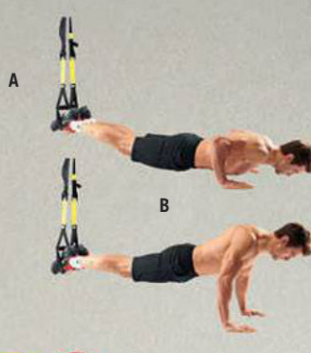
8 PIKE 60SEC

Adopt a press-up position with both feet in the stirrups (A). Tense your core, exhale and, keeping your legs straight, raise your backside (B). With good form, this is a painful but high-yielding six-pack builder.



9 SIDE-PLANK TAP 30SEC PER SIDE

Lying on your left side, place your feet in the stirrups (A). Extend your right arm for balance. Raise your hip off the floor, hold for 2sec (B), then lower. This will increase the width of your midriff for cover-model abs.



10 ATOMIC PRESS-UP 60SEC

This is the single most effective TRX move. In a press-up position with your feet in the stirrups (A), straighten your arms (B). Row your legs into your chest. Watch the sweat fall from your brow – you've just hit every muscle group.

BUILD YOUR CIRCUIT

Putting your TRX to good use



DO THIS Perform 4-8 of the moves for the time specified. Repeat 2-3 times, resting for 2min between sets.
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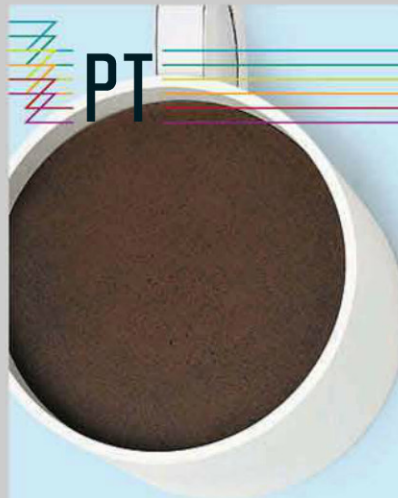
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SUBSCRIBE NOW ON THE APPLE NEWSSTAND

Stay more explosive than the rest by fuelling your training like US basketball giant LeBron James. Here's how one of sport's biggest influencers defends his position



THE SUPERSIZE MEAL PLAN

A good bagel is high in carbs, but low in unhealthy fats. Add peanut butter and it'll give you energy, keep you full and take a while to burn off — perfect before training.

Wash down your breakfast with a 200ml glass. The vitamins in oranges act as an anti-inflammatory, helping your muscles repair faster to keep you at your peak.

Intense exercise can cause a temporary decrease in your immune function. Berries are packed full of antioxidants, which are proven to boost your body's internal defences.

Nature's sports drinks: these are high in potassium, which promotes effective hydration, and will drip-feed your body with the carbs you need for sustained endurance.

START
07.00

LARGE HAM BAGUETTE
13.00

Save your crusty roll for the end of a tough session – it's the one time you can justify eating bread. Be sure to layer it with lean meat for protein.

73.00
LARGE HAM
BAGUETTE

Save your crusty roll for the end of a tough session — it's the one time you can justify eating bread. Be sure to layer it with lean meat for protein.

A quick shot of energy for when you're running low. Just be careful when choosing your bar: look for one that's high in fibre and low in sugar, to keep you powered for longer.

Varying your antioxidant sources ensures you don't miss vital nutrients. Blackberries are especially rich in bone-fortifying vitamin K, boosting your longevity when training.

16.00

19.00 CHICKEN, RICE & BROCCOLI

7
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CHEAT SHEET N°6

★★ ARMS CACHE ★★

Build strength and size in your biceps, triceps and forearms with these 10 time-saving, low-effort tricks from *MH's* resident PT Ray Klerck

START EARLY

Target the muscle you most want to develop first: you'll see 33% bigger gains in that area, found the *Journal of Science and Medicine in Sport*.

STRESS YOURSELF

Bad day? Take it out on that stress ball. Squeezing increases the strength in your forearms, essential for the big-arm moves such as curls and chin-ups.

FAST MUSCLE, NO WEIGHTS

When you don't have access to a gym, you can still hit every part of your triceps using rock-back press-ups. Start in the regular press-up position, but instead of lowering your chest, slide your body back, bending your elbows. It hurts, but it's a quick way to add visible size.

12

Use weights you can only lift for this many reps to stimulate optimal arm muscle growth

FAKE IT...

... until you make it by building your lateral deltoids (the front of your shoulders). These muscles are often underworked, which means they'll respond with fast growth when targeted. This adds extra size around the top of your arms, making them look bigger. The best move is lateral raises. Lean forwards slightly and lift dumbbells out and up so your body creates a T-shape.

DO YOUR PREP

If you fatigue easily during pressing moves, here's a quick strength boost: depth press-ups. Get into press-up position with your hands on two raised boxes. Drop your hands between the boxes, lowering into a half press-up. As your arms absorb the impact, they are primed to deal with heavier loads.

SWITCH UP A GEAR

You may have heard about muscle activation before (think turning your muscles 'on' as you work them). The way to flick your biceps' on-switch is simple: flex hard. Even if the move you're performing doesn't work those muscles exclusively, tense your arms and you'll build muscle.



USE THE ARMCHAIR

Wave goodbye to TV guilt and puny arms simultaneously. When you're kicking back in front of *Breaking Bad*, hold a kettlebell upside-down in one hand. The instability works your forearms and brachialis, both essential for bicep development. Plus it leaves the other arm free for the remote.

BE A POSER

Bodybuilders do it for a reason: tensing in the mirror helps train your body to focus on the correct muscles during exercise. Tense your triceps until you see them flex properly, then repeat this action when lifting. Fake tan is an optional extra.

Group dynamics

Forget isolating your forearms. You'll add more size to them with moves such as the deadlift and upright row. This is due to the combination of a strong hormonal response and greater loads on your grip, found *The Journal of Strength and Conditioning Research*. Combine and conquer. **MH**



DOUBLE-DIP CIRCUITS

HOW TO BURN

Undo the calorific damage of a few Kronenbourgs too many and

START HERE

Perform each move for 60sec, doing as many reps as possible before progressing to the next exercise. Take 2min rest at the end of the circuit, then repeat.

IN THE GYM

15.0000

CUTOUT & USE

1



2



The instability ropes in your core to help maintain balance, building six-pack abs

3



Another demanding full-body move that annihilates fat (and beer and curry...)

4



5



6



WORKOUT 1

This fat-burning circuit was created by PT and body-transformation expert James Daly. Perform it twice to speed the metabolism of alcohol – and burn off a couple of pints in the process. These exercises have been ordered specifically to give your metabolic rate the biggest hit possible, working your body from the ground up. Let's wipe the slate clean.

1 BOX JUMP

Get ready to blitz the beer. Stand in front of a box or step (A). Squat, then jump onto it (B). Hop off and repeat immediately to get your legs firing and heart-rate soaring.

4 BARBELL CLEAN AND PRESS

Deadlift the bar (A), then bend your knees slightly and pull it up, 'catching' it across your collarbones (B). Now explode the bar over your head (C).

2 BARBELL OVERHEAD SQUAT

Hold the bar in the air like you just don't care (A) and squat (B). Power back up again. "This will increase the strength in your back and shoulders," says Daly.

5 JUMPING PULL-UP

"A plyometric jump makes this a great way to build power and melt fat," says Daly. Squat under a pull-up bar (A), jump (B), and pull your chest up (C).

3 TRICEP DIP

Hitting your arms will send your metabolic rate even higher. Start with your arms straight (A), lower slowly (B), then push back up. Don't swing – that's cheating.

6 DUMBBELL DEEP PRESS-UP

Adopt a press-up position holding dumbbells and lower until your chest touches the floor (A), then push back up explosively (B). That sweat is the lager evaporating.

OFF A NIGHT OUT

sweat off your hangover in only 15 minutes with these quick-fire circuits

START HERE

As before, pump out as many reps as you can in 60sec, before moving on to the next exercise. Take 2min rest at the end of the circuit, then repeat it.

AT HOME



This metabolism-firing move will stimulate your body to process toxins faster

You'll burn pints of calories with this tough body-weight exercise



WORKOUT 2

All you need for this circuit is a stopwatch and a desire to test your body to breaking point. Resistance comes from your own weight, which is more than enough to burn a serious number of calories and work your body through every plane of motion. With this carefully constructed running order of exercises, no muscle group can hide. Time gentlemen please...

1 BURPEE WITH PRESS-UP

Begin this beer-belly banisher with your hands on the floor (A). Kick back and perform a press-up (B). Jump your legs back in and leap up (C). Repeat – only faster.

4 SQUAT JUMP

This is another big calorie-burner. Drop into a deep squat (A), then jump, swinging your arms above your head (B). Pretty easy? See how you feel in 59 seconds.

2 SWITCH JUMP LUNGE

Lunge with your left foot and sink so your right knee nearly touches the floor (A). Now jump and switch legs (B), sinking into an opposite lunge (C). Breathe. Repeat.

5 STANDARD SIT-UP

"This works your back and hips, as well as your abs," says Daly. With your feet close to your backside (A) curl your elbows towards your knees (B). Lower and repeat.

3 SIDE PLANK WITH ROTATION

Now to target your love handles. From a side-plank, raise your left arm (A), reach under your body (B) and raise it again. Do 30sec each side to build rotational strength.

6 FOREARM TO STRAIGHT-ARM

In a standard plank (A), straighten your left arm (B), return it, then lift the right arm. The bleep of your stopwatch never sounded better. Clear head, clear conscience. **MHI**

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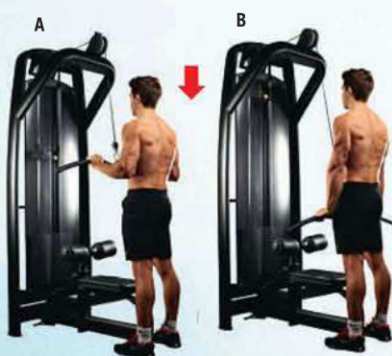
ON THE UPSIDE

Make this show-stopping move look effortless with three basic exercises



LOAD UP YOUR SHOULDERS

The handstand press-up ropes in your traps, deltoids and rhomboids to lift your entire bodyweight. You can strengthen them with the dumbbell press: hold heavy weights as shown (A) and extend your arms fully (B). Do 8 x 5 reps, twice a week, to build boulder shoulders.

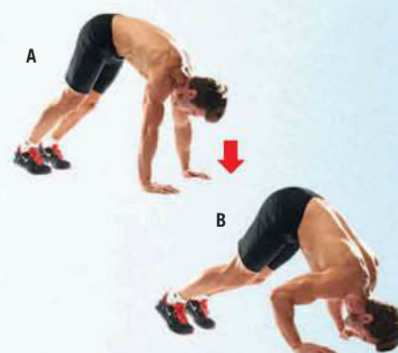


STRENGTHEN YOUR TRICEPS

This muscle group is the powerhouse that does all the pushing. Build yours by performing heavy, explosive pull-downs for four weeks. Face a high pulley and grab the cable attachment with both hands (A). Pull down, keeping your elbows tucked in (B). Do 6-8 sets of 5-8 reps and focus on going heavier each session for a month.



SHOWBOAT #1 THE HANDSTAND PRESS-UP



INCREASE YOUR CORE STABILITY

You'll need solid abs to hold your body rigid. A weak core means the momentum will carry you too far forwards (and into a Worst Fails Ever Youtube clip). Try slow pike press-ups: start with your legs straight and backside up (A); lower slowly (B), then push up. Perform for 40sec, 3 times a week.

... NOW FOR THE PRACTICAL PART

Get yourself up and hold it – without face-planting



Choose your location wisely, ie far away from expensive objects. Put your palms flat on the ground and make sure your arms aren't too wide apart as this can lead to rotator cuff injuries.



Kneel with one leg below your body, extending the other behind you. Keep it straight or you'll perform more of a 'tumbling crab meets front flip'.



Push with your lower leg and swing the extended leg up. The momentum will take you into a handstand. Remember to brace your core for balance.



Bend your elbows and lower your body slowly. On the first attempt, stop at a half-way point and beg a friend to spot you. If you have no friends, practise against a wall. And don't worry – when you can do handstand press-ups, you don't need friends. **MB**

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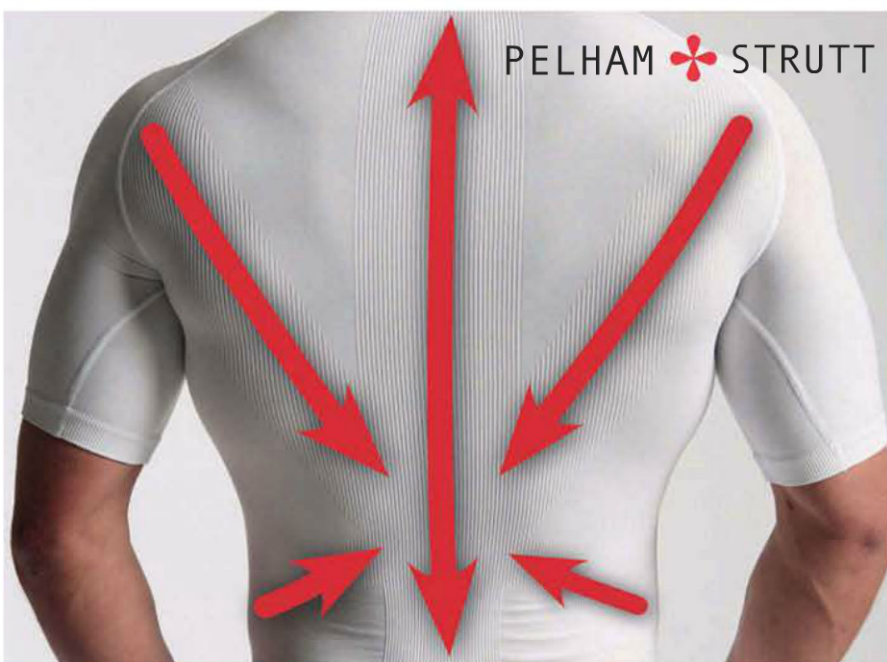
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Zac Lyndon BSc MSCST RCCP;

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MAY 2013

Men'sHealth

STYLE

LOOK SHARPER, LIVE SMARTER

EDITED BY
DAN ROOKWOOD

WELCOME TO NEW JERSEY

From chunky sweaters to light layers, raise your style credentials with spring's best knits

When it's too brisk to brave the outdoors bare-armed, but too warm for a coat, wool is in its element. Ideal for the spring-summer transition, fine-gauge knitwear is one of the big trends on the high street right now: soft enough to be worn against the skin and flattering for those with good physiques. Here are nine options that won't make you itchy. Go on – give fleece a chance.

THE COAT SUBSTITUTE

YOU NEED A knitted varsity jacket.

WEIGHT Medium, so it doubles as an outer layer.

HOW TO WEAR IT

This highly versatile jacket can be dressed down with a T-shirt at the weekend or, for a night out, wear it with a button-down shirt and tie. For a preppy summer look, layer it over a Breton tee, with chinos and white plimsolls.

£50 (topman.com)

Give your wardrobe the lift it needs

FOR WEEKEND WORKOUTS

YOU NEED A zip hoodie.
WEIGHT Light. A versatile extra layer that's smarter than a jersey hoodie.
HOW TO WEAR IT Pair this with a denim jacket and tan combat trousers for a casual off-duty outfit.
£35, Gap



FOR BASE WARMTH

YOU NEED A knitted T-shirt.
WEIGHT Medium.
HOW TO WEAR IT Perfect for layering, wear this under a blazer with tailored knee-length shorts and navy suede brogues. It would look just as good with a hoodie and sweats.
£160, KrisVanAssche



FOR CHANGEABLE WEATHER

YOU NEED A patterned fisherman's jumper.
WEIGHT Slightly heavier; good for cooler conditions.
HOW TO WEAR IT Works with denims, chinos or combats, but not one for the office.
£250, Burberry Brit



FOR SPRING EVENINGS

YOU NEED A honey-comb jumper.
WEIGHT Medium; loose-gauge, so air can circulate.
HOW TO WEAR IT For a day by the sea, try it with pastel chinos, a rope belt and espadrilles.
£20, H&M



FOR IMPACT

YOU NEED A bright cardigan.
WEIGHT Feather-light, soft and comfortable.
HOW TO WEAR IT Layer over a checked shirt and under a navy blazer for work or a dinner out.
£129, Hugo



FOR A MODERN UPDATE

YOU NEED A cashmere polo.
WEIGHT Medium-to-heavy.
HOW TO WEAR IT This bold top is one to build the rest of your outfit around. Wear it with tailored khaki shorts for an alternative to a generic tee.
£535, Prada



FOR PICNICS IN THE PARK

YOU NEED A hoop neck.
WEIGHT Lighter than it looks; layers well with a jacket.
WEAR IT WITH This will look good with cut-off denim shorts and canvas plimsolls. Don't try to dress it up.
£110, Gant Rugger



FOR SUMMER WEDDINGS

YOU NEED A jardigan.
WEIGHT Light. Feels like soft towelling.
WEAR IT WITH A white shirt, knitted bow tie, chinos and driving shoes. Also happens to be your best option for unrestrained dancing. **MA**
£119, Tiger of Sweden



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THE COLLAR OF MONEY

From matching your shirt to your face to tying the right knot, these workwear rules will mark you out as a man to watch

01 FACE VALUE

If you have a round face, opt for pointed collars: their straight lines help give the illusion of a more defined jaw. For those with particularly narrow faces, a cutaway collar or a rounded penny collar can help soften sharp angles and make your face appear fuller.

02 KEEP IT IN HAND

The schoolboy knot – or the four-in-hand as it's more properly known – is your default way to knot a tie. It's narrow, slightly asymmetrical and works best with slimmer ties. Make this your go-to if you favour standard collars and single-breasted suits.

03 MATCHING SUIT

Always consider the occasion when selecting the colour, pattern and texture of your shirt. Save coarser fabrics and bold patterns for casual situations, where as fine-gauge stripes and contrasting collars are born for the boardroom.

04 KNOT TO SELF

Your tie knot should always conceal the collar behind it. To ensure your knot sits flush in the collar, momentarily garrotte yourself with the tie and then slip your forefinger between the collar and your Adam's apple to loosen it to fit comfortably.

05 NICE DIMPLES

Creating a dimple in the middle of the tie, just below the knot, is a style insider's detail. Stick your index finger up into the knot from the front as you tighten it to help mould the cleft. Don't allow the edges to curl back though – that smacks of Boris Johnson carelessness.

06 TO THE POINT

The tip of your tie should just touch your waistband. If it doesn't, start again – you'll look like an overgrown schoolboy if it's halfway up your torso. Below the belt, it's just an arrow to your crotch. Which could have its advantages...





THE FINER DETAILS

Collar bar/pin "This will promote the tie knot, making it stand out proudly and stay in place," says tailor Mark Powell, who has dressed David Bowie and George Clooney. A refined touch.

Pocket square "Usually the colour of your pocket square will co-ordinate with the colour of the shirt, or the minor colour of your tie," says Powell. Attention to detail such as this will help to pull contrasting patterns together.

Watch "Try not to clash the leather of your watch strap with that of your belt or shoes," says Powell. As with mismatched metals, it just looks untidy.

THE SHIRT LOCKER

MH's guide to what knot to wear and when



BUTTON-DOWN SHIRT + KNITTED TIE

Smart-casual shirts with button-down collars work best with knitted or woollen ties and unstructured jackets. Not one for your pin-stripe. *Shirt £130 The Kooples. Tie £90 Financial Style*



CHECK SHIRT + PLAIN TIE

Matching a patterned tie with a checked shirt is for the pros, so keep it plain. With a semi-spread collar, try a half-Windsor knot (tinyurl.com/MHwindsor). *Shirt £50 J Crew. Tie £125 Burberry*



NARROW COLLAR + NARROW TIE

This retro style goes with skinny ties and slim lapels. Stick to small, four-in-hand knots as fatter knots will overwhelm the collar. *Shirt £135 Sandro. Tie £69 Brooks Brothers* **MH**

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DESCRIPTION

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REWARD

If there is one bag that will last you the rest of your days, this is it. It gets better with age: as the leather wears, the natural oils

burnish to produce a smooth dark patina. It's more refined than the standard-issue nylon and Velcro laptop case and it won't ruin the shoulder of your suit like a courier satchel would. Plus it's smarter (and more masculine) than a tote.



KNOWN ASSOCIATES

This brown leather version goes well with grey and navy tailoring, camel coats, brown leather shoes, belts and gloves.



EXERCISE CAUTION

Arm yourself with a leather protector (Liberon Leather Cream, £10.95, tooled-up.com) to prevent tide stains if you get caught in the rain. And remember tan leather will clash with black leather accessories or a black suit – even in Italy where they try to get away with this kind of caper.



KNOWN HANGOUTS

Selfridges (selfridges.com), Mr Porter (mrporter.com) and Mulberry (mulberry.com), £895. **MH**



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not just another
hard case

#1
LUXE LEATHER
BRIEFCASE



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A CLASSIC REVIVED.**

Design by Philippe Starck

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HOURS AHEAD

With functions that actually solve 21st-century problems, these 'smart' new timepieces are about to make your life a whole lot easier

WORDS ALEX DOAK PHOTOGRAPHY TAL SILVERMAN



Pebble, £92 (getpebble.com)



NEVER MISS A TWEET

Quench your insatiable appetite for social media with Pebble, the world's first smart-watch. "This Bluetooth-enabled device offers useful wireless interactivity with your smartphone," says Swithinbank. You can use it to read texts, change music tracks and download apps. Plus, its customisable screen looks so discreet your boss will have no idea you're following @MensHealthUK rather than his presentation.

BEST FOR The compulsive networker

Rado Hyperchrome, £3,430 (rado.com)



BULLETPROOF CREDENTIALS

Even though this watch comes with an investment-grade price tag, there's no need to keep it locked up for safe keeping. Thanks to Rado's pioneering ceramic case it's practically indestructible and, unlike precious metals, it's completely scratchproof so it'll look brand new whatever you put it through. "The material perfectly balances with your skin temperature making it comfortable to wear," says Robin Swithinbank, editor of *Calibre* watch magazine. Handy, because you won't want to take it off.

BEST FOR The smart investor



INSTANTLY GET IN THE ZONE

If your idea of hot-desking is nipping between the New York, London and Shanghai offices, consider this Seiko your portable PA. "It's the first watch that automatically updates to local time, wherever you are in the world's 39 time zones," says Timothy Barber, editor of *0024 WatchWorld* magazine. "Plus it's solar-powered, so – like you – it never stops." You can step straight off the plane without missing a thing.

BEST FOR The globe-trotter



Seiko Astron, £1,750 (seiko-astron.com)



Bulova
Precisionist
988172, £549
(bulova.com)



LEAD WHERE OTHERS FOLLOW

At this price, you won't find a watch more precise than the Bulova Precisionist. "Most quartz watches are accurate to 15 seconds a month – the Precisionist is accurate to 10 per year," says Barber. He goes on to explain why in detail, but frankly we're more interested in the second hand that doesn't tick but rather sweeps the dial smoothly. In terms of style and performance, this is one for the man who's ahead of the game.

BEST FOR The perfectionist



Omega
Spacemaster Z-33,
£3,120 (omega.ch)



YOUR BRIGHTER FUTURE

"The Spacemaster's LCD display can be read in any conditions, even through polarised sunglasses," says Barber. "And at the touch of a button the hands will disengage and move to 3 and 9 o'clock so you can read the digital display more easily." The Spacemaster's futuristic styling comes with some heavyweight credentials behind it – Omega made the first watches to be worn on the moon. Plus its designs are extremely collectable, so this is one watch that will stand the test of time.

BEST FOR The man from tomorrow



STAY COOL AND CONNECTED

If the Pebble's sleek aesthetic is too 'out there' for your tastes, this Bluetooth-enabled G-Shock looks more sporty. "It allows you to receive texts and email alerts on your wrist," says Swithinbank. "And the Find Me function is genuinely useful if you lose your phone when it's on silent. Press and hold the start/stop button and it'll make your iPhone buzz and ring, over-riding your device's volume setting." And because it uses Bluetooth, it works even when your phone can't get signal. If only it could find your house keys too...

BEST FOR The plugged-in sportsman **MH**



Casio G-Shock Bluetooth
v4.0 enabled, £160
(g-shock.co.uk)

BLADES
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A SURGEON'S
SCALPEL.



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OUR THINNEST* BLADES.

*FIRST FOUR BLADES. BEST BUY AWARDED TO FUSION PROGLIDE POWER.

Gillette

THE BEST A MAN CAN GET™

01 FOREVER YOUNG**BEST FOR THE 40+ CLUB**

If your skin is starting to look more George Galloway than George Clooney, then switch overpriced anti-ageing potions for this budget-friendly moisturiser. "It has added nutrients proven to tackle skin ageing," says Marcus Jaye, author of *The Chic Geek's Fashion, Grooming & Style Guide*. Sadly, we can't guarantee it'll land you a date with Stacy Keibler.

Bulldog Anti-Ageing Moisturiser
£10.49 (meetthebulldog.com)

Saving rating ■■■■■



RUB OUT STRESS

Save cash, and your skin, with one of these five multi-tasking grooming products that work as hard as you do

02 LOOK ALIVE**BEST FOR NIGHT OWLS**

If you're post-winter pasty but don't want to splash out on a facial fake tan to go with your moisturiser, combine the two instead. "This gives a subtle tint that'll perk up your appearance," says Jaye. So long, St-Tropez.

L'Oréal Hyrda Energetic Gradual Tan, £10.69 (boots.com)

Saving rating ■■■■■

**04 SMART MOUTH****BEST FOR DESK JOCKEYS**

At work, your lips suffer more than just cheap coffee and fake smiles: air-con causes dryness and chafing. "This balm restocks moisture while packing an SPF25 punch to protect them, should you glimpse the sunshine," says Jaye.

Jack Black Lip Balm, £7.25 (mankind.com)

Saving rating ■■■■■



03 SAVING FACE

BEST FOR THE TIME POOR

With more applications than a vacancy at *Sports Illustrated*, this multi-purpose cream can replace both your shave balm and moisturiser, no matter what your skin type. "It's as good as any post-shave soother, plus it moisturises enough while still controlling excess oil, so you're neither dry nor greasy," says Jaye. You'll never need to visit Boots again.

Lab Series PRO LS, £22 (boots.com)

Saving rating ■■■■■

**05 CLEAR VISION**
BEST FOR MID-WEEK

Trying to get eight hours' sleep a night is all well and good, but everyone has to burn the candle at both ends sometimes. "Hide the effects with this cream, which reduces darkness around the eyes and tightens the skin," says Jaye. It's Berocca for your face.

Kyoku Eye Fuel, £28 (mankind.com)

Saving rating ■■■■■

STYLE INSIDER

The CEO of award-winning British brand Duchamp shares his design inspirations

#17 **MARC PSAROLIS**



1 My style icon is...

The late tailor Tommy Nutter. He reinvented the Savile Row suit, breathed new life into British tailoring and his influence lasts to this day.

2 I would describe my style as...

Modern dandy. I like bold colours and lots of accessories.

3 The object I would never part with is...

My Mulberry briefcase in crocodile leather, mainly because it only gets better and better with age.

4 My grooming staples are...

Kiehl's Facial Fuel moisturiser and Creed parfüm. It lasts forever.

5 The must-have piece from Duchamp's spring collection is...

Our dandy-check three-piece suit.

6 A man who dresses well currently is...

The actor Aaron Johnson.

7 The designer I most admire is...

Tom Ford.

8 The best piece of style advice I've ever been given is...

"Don't think – feel." Bruce Lee.

9 The best piece of life advice I've ever been given is...

"Enjoy!" That's what my father said when he dropped me off in Paris in 1986 and left me on my own.

10 The most stylish gift I've received recently is...

A Rolex Milgauss watch from my wife.

11 The last thing I bought and loved is...

The Lego Batcave for my three- and four-year-old boys.

12 My dream watch would be...

A vintage Jaeger-LeCoultre.

13 Two brands I admire are...

Massimo Piombo, an elegant Milanese formalwear brand, and Timorous Beasties, a pair of Glaswegians who design fabric and wallpaper with amazing prints.

14 My favourite style website is...

wwd.com, which has a great menswear section.

15 If I wasn't doing this, I would be...

Hanging out in Paris helping to run the family bespoke tailoring business. **MB**



Skin saviour Safeguard your appearance with Kiehl's Facial Fuel



High Rolex... But he would have preferred a Jaeger-LeCoultre



Get the look Achieve up-to-date style with Duchamp's latest three-piece



Staying power Pick a signature fragrance that lasts a lifetime



Take a cue Aaron Johnson gets the nod for chic modern dressing

NEW JERSEY p155



Burberry Brit burberry.com

Gant Rugger gant.co.uk

Gap gap.eu

H&M hm.com

Hugo hugoboss.com

KrisVanAssche krisvanassche.com

Prada 020 7647 5000

Tiger Of Sweden selfridges.com

Topman topman.com

COLLAR OF MONEY p158



Brooks Brothers 020 3238 0030

Burberry burberry.com

Chester Barrie chesterbarrie.co.uk

Duchamp selfridges.com

Dunhill dunhill.com

Financial Style financialstyle.com

J Crew jcrew.com/uk

Marni 020 7245 9520

Sandro 020 7486 9176

The Kooples thekooples.co.uk

Tommy uk.tommy.com

HOURS AHEAD p162



Bulova bulova.com

Casio G-Shock g-shock.co.uk

Omega omega.ch

Pebble getpebble.com

Rado rado.com

Seiko seiko-astron.com

MH Style Counsel

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**RACE LIKE
WIGGINS**

NOTE TO NEWSAGENT: PLEASE DISPLAY OTHER SIDE





ON YOUR BIKE

We Brits are doing more on two wheels than just collecting world records and gold medals (although, to be sure, we're doing plenty of that as well). In the past 10 years, the number of people cycling to work instead of driving has risen by almost 20%. And in the golden afterglow of 2012 we spent more on cycling than ever before – a cool £700m.

More importantly, all those spinning wheels point to a revolution of a different kind – one that extends your life and gives you the body and fitness of a man 10 years younger. Cycling is, quite simply, the healthiest way to travel. It slashes your risk of heart disease and is a natural predator of fat.

You'll save money on two wheels, too. The government's tax-free Cycle to Work scheme means you can save up to 42% on the cost of a new bike, with thousands more saved on transport costs once you start riding. Over the next 13 pages, you'll find everything you need to cash in: speed tips from the world's fastest man; a bike shop that caters for every kind of rider, and training plans to shift your cycling up a gear.



BIKE SHOP P7

Different spokes for different folks. These expert-recommended bikes will fit any purpose, budget and ambition

MAINTENANCE P13

Everything you need to tune your bike, body and training (legally). This is real performance-enhancement, Lance



MARK CAVENDISH P14

He's the Tour de France's most successful sprinter. We learn the tricks of the trade from the UK's fastest boy racer



TRAINING P19

Follow our week-by-week plans to build Wiggo-grade endurance and prepare for your first 100-mile race



SPIN DOCTOR



PROTECT YOUR HEART

Cycling as little as 20 miles a week strengthens your heart and cuts your risk of cardiovascular disease by up to 50%. Saddle up.
Source: *Perdue University*

SAVE £6,689 A YEAR

That's the average annual cost of car ownership in the UK. And 60% of journeys are less than five miles. Swap four wheels for two.
Source: *RAC*

BURN 650KCAL/HR

Sprint training increases your resting metabolic rate by 36%, so you're burning more calories all the time.
Source: *Journal of Applied Physiology*

BEAT SICKNESS

People who ride their bike for 30min, five days a week take half as many sick days as sedentary people. Source: *University of North Carolina*


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THE BIKE SHOP

THE BEST RIDES – TAILORED TO YOUR AMBITIONS, STYLE AND BUDGET

Your bike is a personal statement; it says as much about you as the purpose you use it for. Take our quiz to identify what type you need, then turn over to find a model that will get your wheels spinning



01

WHAT DO YOU WANT TO GET OUT OF YOUR BIKE?

- A** Legs of steel, a heart of iron
- B** Heads turning every time I ride by
- C** A fun, stress-busting pastime
- D** A not-too-sweaty workout

☐
☐
☐
☐

04

WHAT'S THE FIRST THING YOU DO WHEN YOU GET OFF?

- A** Analyse data from my heart monitor
- B** Get off? I'll track-stand, thanks
- C** High five someone
- D** Check my emails

☐
☐
☐
☐

02

WHERE WILL YOU BE RIDING IT?

- A** Open roads and hills. Lots of them
- B** Around town, somewhere I'll be noticed
- C** Muddy downhill tracks
- D** Between my front door and my workplace

☐
☐
☐
☐

05

WHAT'S YOUR TIPPLE OF CHOICE WHEN OUT RIDING?

- A** 3:1 ratio carb-protein drink
- B** Mexican double low-fat mocha. To go
- C** Red Bull
- D** A cheeky pint after work. Just one mind

☐
☐
☐
☐

03

WHAT DO YOU PLAN TO WEAR WHEN RIDING?

- A** Lycra, the tighter the better
- B** Plus fours. And a moustache
- C** Armour
- D** Er, clothes?

☐
☐
☐
☐

06

WHO'S YOUR ALL-TIME CYCLING HERO?

- A** Bradley Wiggins
- B** Joseph Gordon-Levitt
- C** Any of the Athertons
- D** Boris Johnson. Total ledge

☐
☐
☐
☐

MOSTLY As
YOU NEED A ROAD-
RACING BIKE **P8**

Inspired by our GB champions, this kind of bike is key for long rides on open roads. Whether you're cycling solo, joining a club or entering sportives, nothing blows away the cobwebs or boosts aerobic fitness like clocking up the kilometres.

MOSTLY Bs
YOU NEED A
FIXED-GEAR BIKE **P9**

The hipster's choice. If the concrete jungle is your playground, this is how to navigate it in style. But while fixies aren't always ideal for a long commute, our pick of the best models means you don't need to sacrifice performance for looks.

MOSTLY Cs
YOU NEED AN
OFF-ROAD BIKE **P10**

Gradients and greenery are what you crave and, rather conveniently, off-road riding is your fastest two-wheeled route to better all-over fitness. Plus, it's shown to improve your hand-eye co-ordination and brain function to boot. Happy trails.

MOSTLY Ds
YOU NEED A
HYBRID BIKE **P11**

Get to and from work with minimum fuss and maximum benefits. Not only will you save money on bus fares and petrol, you'll also increase your life expectancy. And if you do fancy a longer weekend ride, your bike will be more than up to it. ►



ROAD BIKES

THE THRILL OF THE RACE

These road machines are built for speed – delivering great performance for time trials and sportives

If you like sideburns, pain and tight-fitting clothing then a road-racing bike is the one for you. For weekend hill climbs or competitive time-trialling, a bike built for speed is the best way of emulating everyone's favourite ginger knighted mod. You'll also become aerobically fit, lower your blood pressure and build a tougher heart, as well as torch up to 844kcal an hour. Which you'll need to do if you want to look good in a pair of Lycra bib shorts.



01

01 THE EASY RIDER

If you're not used to being in the saddle then your body will complain about being prawn-shaped for hours.

"The geometry of this frame is designed to put less pressure on your lower back, making it ideal for first-time riders of 50-miler sportives," says Jon Sowerby, owner of top-end bike store BiCiMetrics.

BEST FOR Ambitious new road riders

Felt Z95 Sora 2013, £649 (wiggles.co.uk)



02

02 THE TIME-TRIAL CHAMPION

"This aerodynamic bike is perfect for triathlons or a 10-mile time trial," says Sowerby. "The adjustable handlebars mean the rider can find their best position for cutting down on drag – which is essential for speed work." The emphasis here is on pace, not a Sunday potter.

BEST FOR Going very fast

Specialized Shiv Elite, £1,200 (evanscycles.com)



03

03 THE ALL-WEATHER SPEEDSTER

OK, it's two grand but you're getting a lot of performance for your money, which is why it's the choice for a rider who wants to compete rather than commute.

The carbon frame and light wheels save weight and increase speed without sacrificing stability. "The disc brakes slow you down more smoothly than regular brakes and they perform in the wet," says Sowerby.

BEST FOR Wiggo wannabes

Eastway RD1.0, £1,999 (eastwaybikes.com)



04 THE LIGHTWEIGHT LIGHTNING BOLT

When you're on a budget you usually have to compromise somewhere. Not with this model. "A carbon frame for less than a grand is a rarity and you'll notice the advantages of its strength-to-weight ratio as soon as you hit the hills," says Sowerby. Plus the Shimano gears

FIXED WHEEL THE SINGLE-SPEED LIFE

Nothing says two-wheeled urban cool – or works your legs – like a fixed-wheel bike. Just don't stop pedalling

Based on the track bikes used in velodromes, the gear on a fixed-wheel bike is screwed directly onto the back wheel, so as long as it's moving, so are the pedals. That means no rest for your legs as they're needed for deceleration too – burning more fat and building extra muscle. "Fixies are light, cheap to run and need very little maintenance," says Ric Stern, performance director at RST Sport Ltd. Plus, they show you're serious about cycling.



01 THE STYLE ICON WITH SUBSTANCE

Bianchi is the world's oldest (and most stylish) bike maker. "Its aerodynamic frame will help you manoeuvre around town when commuting, and out-sprint slow-moving traffic," says Stern. It's made from a steel alloy known for its high strength-to-weight ratio. **BEST FOR** The urban rider who wants to turn heads *Bianchi Pista Via Brera, £810 (wiggle.co.uk)*



02



03



04

show the manufacturers haven't scrimped on the groupset (that's everything on the bike bar the frame, wheels and seat).

BEST FOR Weekend riders who'll do the miles but at a more leisurely pace *Boardman Team Carbon 2013, £999 (halfords.com)*



02 THE CITY RACER

This model retains the fixie's stripped-back style but comes with top-end components to improve speed and handling. "Double-butted tubes – thicker at the ends and thinner in the middle – shave off grams while maintaining strength," says Stern. Which means less drag and more speed on the ride into work.

BEST FOR The road warrior *Eastway TR1.0, £749 (eastwaybikes.com)*

03 THE STYLE RIDER

Fixies don't come any cleaner or more minimalistic than this – although you're not just paying for the paintjob. "The cromoly tubing is near-indestructible and the segmented steel forks will sort out any bumps in the road so it's ideal for the urban environment," says Sowerby.

BEST FOR Commuters (with a good padlock) *Cinelli Gazzetta 2013, £849 (wiggle.co.uk)*

04 THE TOUGH NUT

This sturdy bike is ready for the hard-knock nature of city riding. "If you're jumping on and off the bike, locking it against railings and hitting the odd pothole you'll feel it," says Sowerby. But this steel frame is built to withstand bumps and makes you feel safe in traffic. An ideal low-maintenance, budget buy.

BEST FOR A first fixie *Jamis Beatnik 2013 Single-Speed Road Bike, £270 (evanscycles.com)*



OFF ROAD THE PATH LESS TRODDEN

Wind in your hair, sun on your back, mud in your face. There's nothing like hitting the trails for a two-wheeled workout

If you've always thought of the mountain biker as a younger, snottier sibling to the road rider then it's time to reassess. "In simple terms, riding off-road for two hours is equal to three riding on road," says Ian Goodhew, coach for Team IG Sigma Sport. "Mountain bikers have the highest power-to-weight ratio of any cycling discipline as well as the best recovery." Plus the varied terrain means adapting your technique and kit will keep things interesting.



01 THE STABILITY KING

Mountain bike wheels are typically 26in, but this model gives you US-style 29in treads that are perfect for both beginners and any rider who likes to spend hours on the mountain. "The bike will be more stable and you'll roll over obstacles easily simply because the larger

tyre means there's more rubber on the ground," says Si Paton, race director of the British Downhill Series. "It'll be a bit slower on acceleration but it's safer." **BEST FOR** The novice who wants to raise their game *VooDoo Bizango 29er*, £599 (halfords.com)



02

02 THE FUSION FITNESS GENERATOR

It may have drop handles, but this is no road bike. It's a 'cyclocross': the middle-ground between off-road and on. It's not suitable for hardcore trails, but you can take on woodland or specific cyclocross tracks. "It's good for commuting, too, as the disc brakes aren't affected by the wet," says Paton.

BEST FOR Road racers who hit the dirt at weekends *Eastway CX 2.0*, £1,249 (eastwaybikes.com)



03

03 THE HARDCORE DOWNHILL RACER

In the past all bikes were 'hardtails', lacking any rear suspension. "With a hardtail you're trading comfort for efficiency," says Paton. "They're also cheaper and lighter (and therefore faster) than bikes with suspension. Plus you save yourself additional costs and maintenance."

BEST FOR The tough rider who's going back to basics *GT Avalanche 1.0 2013*, £900 (wiggles.co.uk)



04 THE ALL-TERRAIN MUD WARRIOR

Yes, it's expensive, but you can feel where the cash has gone. "The full suspension will handle any terrain and its tyres grip well for better control," says Paton. Its confidence-inspiring disc brakes mean you'll ride without worrying about face-planting into any geology.

BEST FOR The serious biker who wants speed as well as stability *Felt Compulsion 50 2013*, £1,999 (wiggles.co.uk)



HYBRID THE BEST OF BOTH WORLDS

Versatility is king when it comes to hybrid bikes which combine performance, comfort and reliability – all on an affordable budget

If you just need to get around on two wheels rather than four, your best bet is a hybrid. "They have the speed and weight of racing bikes but a more upright riding position for greater control and visibility," says Nick Hussey, founder of urban cycling company Vulpine. Plus, braving the saddle will extend your life: research in *Archives of Internal Medicine* found cycling to work lowered the risk of dying by 40% within a 14-year period.



02 THE VERSATILE RUNAROUND

"Boardman bikes definitely offer the best value for money," says Hussey. "The disc brakes, which help you brake smoothly and sharply, are a real plus at this price, giving you greater control and manoeuvrability in unpredictable traffic."

BEST FOR The no-nonsense urban rider on a budget
Boardman MX Race Bike, £500 (halfords.com)



03 THE BIKE BUILT LIKE A SPORTS CAR

Road bike stylings make this model lightweight and very nippy around city streets. "You'll be riding in a lower position but you'll still have a lot of control," says Hussey. "It's low maintenance too." Like a Mercedes or a Jaguar, Pashley is also a style statement on tarmac.

BEST FOR The tweed-wearing gent in a hurry
Pashley Guvnor 3-Speed, £845 (evanscycles.co.uk)



04 THE ALL-ROUNDER

"Bianchi adds a touch of class as well as functionality," says Hussey. "This bike's 27 gears mean it can handle big climbs, making it as good for long weekend rides as it is for your commute. The disc brakes will enable you to judge your braking – a godsend for torrential rain or the usual urban hazards."

BEST FOR The stylish cyclist who needs one bike for all purposes
Bianchi Camaleonte 3 Deore, £800 (evanscycles.co.uk) **MH**



01 THE URBAN MOUNTAIN RIDE

The UK's roads are more lunar landscape than velodrome-smooth. "These 29in-wheels mean there'll be more rubber on the road and more air in your tyres, for a smooth, safer ride," says Hussey. The flat handlebars mimic a mountain bike's, so you're close to the brakes for better control.

BEST FOR The man whose ride to work is his Everest
Pinnacle Lithium 5 2013, £600 (evanscycles.co.uk)



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We withdraw the right to withdraw this promotion without further notice.



MIKE THE MECHANIC'S REPAIR SHOP

British Cycling's head mechanic Mike Norris selects kit that will fix your bike quickly and get you back on the road before the lights change

MISSING LINK

This clever kit consists of two halves of a chain link that reconnect the ends of a broken chain. *SRAM Powerlink connector, £3.99 (chainreactioncycles.com)*

DON'T SNAP

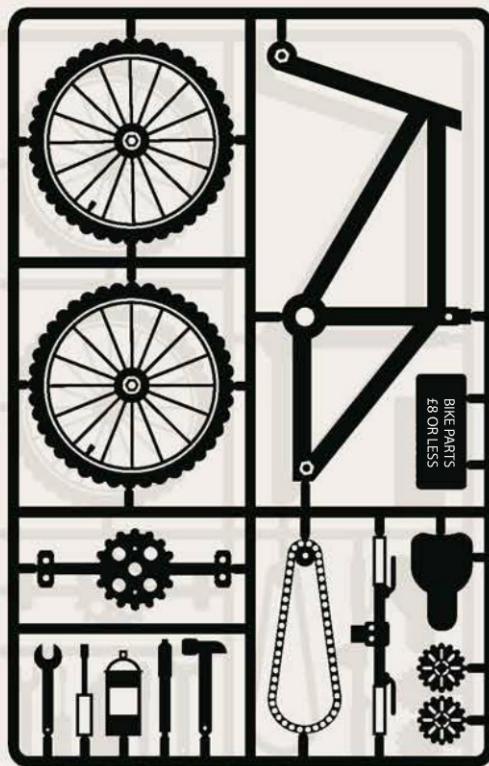
Bicycle chains wear and stretch with use. This tool measures the elongation so you can change your chain before it snaps. *BikeHut Chain Checker, £7.99 (halfords.co.uk)*

TACKLE A LEAK

Find a slow puncture by running a cotton-wool ball around the inside of your tyre and finding the spot where it blows. *Cotton wool, 95p (boots.com)*

PATCH ANY PUNCTURE

These rubber patches stretch evenly in every direction to seamlessly seal up the unholy of holes. All you need is glue. *Rema Tip Top patches, £4.25 (amazon.co.uk)*



ADD A NEW SPIN
Cycling and commuter gear has come a long way from day-glo Lycra



COMFORTABLE COMMUTING
H&M x Brick Lane Rider Tee, £30



TEMPEST-PROOFING ON A BUDGET
Madison Prime II Waterproof Jacket, £60



REFLECTIVE, DIRT-REPELLENT DENIM
Levi's 505 Straight-fit Commuter Jeans, £85

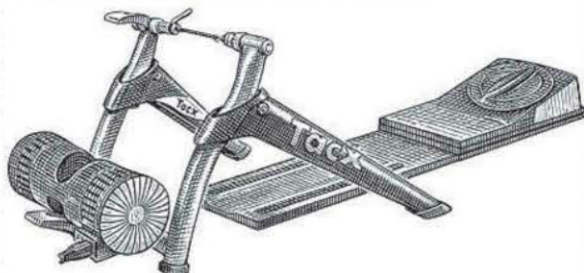


SMARTER SWEAT WICKING
Rapha x Paul Smith Merino Jersey, £100



STYLISH WATERPROOF LUGGAGE
Brooks Pickwick Backpack, £180

THE TOUR DE LOUNGE



Apocalyptic weather conditions are not an excuse for you to skip a conditioning ride, but they are some justification for blowing your pay-cheque on this high-end training tool. The Virtual Reality Trainer not only feeds videos of real-life routes before your eyes when hooked up to a laptop, but it also relays the actual physical challenges of that route into the bike. So when you see a 9% Alpine climb ahead on-screen, you'd better clench everything because your legs will soon be tackling it. *Tacx i-Genius T2000 Virtual Reality Trainer, £1,170 (evanscycles.com)*



FUEL YOUR RIDE

By nutritionist Nigel Mitchell



CNP ELITE GEL MAX
For instant glucose when you flag



4 SCRAMBLED EGGS ON TOAST
The best breakfast to sustain you



HAM AND CHEESE PANINI
Re-stock your energy mid-ride

25°

This measurement is critical to your ability to generate more speed on the bike, according to British Cycling. Adjust your saddle so that the angle at your knee joint is 25 degrees (that's 180 degrees minus the angle between your upper and lower leg) when you're at the bottom of your pedal stroke. This increases your power and efficiency, while reducing your risk of injury. In other words, you'll go faster for longer.

THE BIKE CLINIC

Phil Burt, physio for British Cycling, diagnoses your saddle sores

When I get off the bike, my lower back is stiffer than a corpse at a Victoria's Secret photoshoot. What gives?

If you're new to cycling, the riding position will take some getting used to. Perform core-strength exercises such as planks or torso rotations. "Adjust your bike seat so that your knee is never in front of your foot and, with a straight leg, you can touch the pedal with your heel," says Burt.

Never mind the backside – it's my hands that get numb on long rides. What am I doing wrong?

"You're tilted too far forwards," Burt says. "Aim to distribute 40% of your weight forwards and 60% on the seat. You'll be better balanced on the bike and your circulation will improve." As an added bonus, this will increase your endurance as blood is pumped more efficiently around your body.

I start to get neck pain as soon as I try to push the pace on my bike. What can I do so that I can train as hard as I want to?

"You're too low on the bike," Burt says. "So low in fact, that you're looking 'up' to look ahead. Your priority should be comfort, not looking like Mark Cavendish." You should be able to see 200 yards down the road easily without bending your neck up. Adjust your position accordingly. **MB**





PHOTOGRAPHY
NADAV KANDER

INTERVIEW
IAN TAYLOR

BORN TO RACE

On two wheels, there's no man as quick or determined as Mark Cavendish. *MH* caught up with the champion road-racer to uncover his formula for fast success ►

Take Cavendish's framework and build up your own fitness

The most successful sprinter in Tour de France history is planning to shift up a gear. At 27, Mark Cavendish has 23 stage wins to his name and is the only man to win the race down the Champs-Élysées for four consecutive years. Now, with a new team behind him, he wants to go faster than ever to claim new titles. He slowed down (briefly) to share the secrets behind his pace and winning mentality. Try to keep up.

AS A ROAD SPRINTER, IS YOUR EMPHASIS ON ENDURANCE OR EXPLOSIVE POWER?

In sprinting you see all different body types, but typically it's hard muscle and leanness. They're slender but solid. Compared to most road sprinters I'm a different build, to be honest. I'm built for track and velodrome sprinting like Chris Hoy. I'm naturally gifted at sprinting, so it's the endurance part I have to work on. And that takes a lot of work that my body can't do naturally.

SO WHAT'S THE MOST EFFECTIVE WAY TO BUILD ENDURANCE?

Intervals make sessions go quicker. They break up a ride, and they're good as they simulate racing. But I'm someone who races a lot so I typically get the same workout that you'd get from intervals from my races. Racing has that same constant up-down, up-down.

WHAT ABOUT THE GYM?

I don't do gym work. Not at all. I do bit of strength work with core stability, but not weights, otherwise I'd bulk up.

HOW DO YOU FEEL AT THE END OF A WINNING SPRINT TO THE LINE?

That's the bit nobody sees. Between going across the line and the podium you're just sat in a tent feeling totally exhausted. I can't even move. I can't even lift a can of Coke to get some sugar into my system. Sprinting is about going into the red, then being able to sprint 300m. For the last 5K you're probably going at a higher wattage than a normal person would be able to sprint at. And then you've got the sprint itself...

GIVE US A TASTE OF THE PREPARATION THAT GOES INTO IT. HOW DO YOU TRAIN TO WORK AT THAT KIND OF INTENSITY?

In Belgium [for pro-cycling team Omega Pharma Quick-Step] you just go out and ride hard. That's how I used to train when I was younger. I'd race to the top of a hill with a little sprint at the end. It really makes it enjoyable. It's like when you're a 15-year-old kid racing between signs – it's stripped back, kind of pure. That's how I like to train.

WHAT ADVICE DO YOU HAVE FOR GUYS WHO WANT TO INCREASE THEIR SPEED AND ENDURANCE?

With cycling, it's all about time. The more time you put into training the better results you'll get. And people underestimate recovery. You don't just train your muscles through the work you do – your muscles get better after a bit of a rest. If you put those hours in, and then start running around like a headless chicken at night, it's going to have a detrimental effect.

IS THAT DRIVE YOU HAVE SOMETHING YOU WERE BORN WITH OR DO YOU TRAIN IT, JUST LIKE YOUR LEGS?

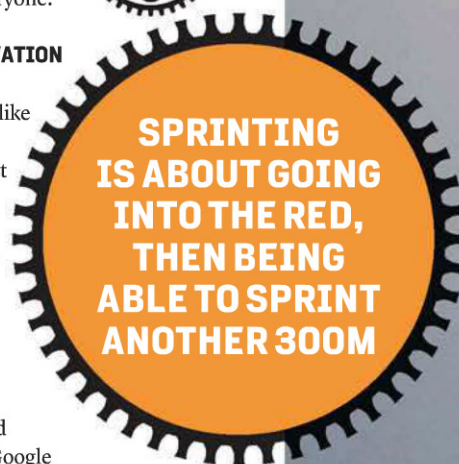
Not really. I've had drive since I was a kid. I wanted to win, whether it was the school maths competition or the football team. I didn't just want to be the best that I could be, I wanted to be the best out of everyone.

DO YOU SUFFER THE SAME MOTIVATION DIPS AS THE REST OF US, THEN?

At the end of last year it started to feel like I was getting old. It's easy to climb off a bike sometimes, you know? The best thing I've learnt are three words: "It will end". It can seem like forever before you come to the finish, but you know it won't be. And picture the finish line, too. I do that.

SO YOU USE VISUALISATION TECHNIQUES...

Yeah, I've always visualised races and finishes. The night before, I'll be on Google Maps looking at the last 10K, watching for every bump, every turn. It's something sports psychologists give seminars on, but I've just always done it. I can't really explain it... It's quite vivid, like dreaming – except that you're awake. You see yourself there.



PHOTOGRAPHER'S ASSISTANTS: FELICITY MCCABE AND SEBASTIAN NEVILLS | STYLING: DANIEL HIGGINS | GROOMING: MARGOT HOLDER AT LHA USING KIEHL'S | CLOTHING: (SPREAD) JACKET: RAPHA X CHRISTOPHER RAEBURN 0207 485 5000 (GRAPHICA.CO); SHIRT: H&M X BRICK LANE BIKES 0844 736 9000; JUMPER, APC 020 7409 0127 (APC.FR); JEANS: EDWIN-LIBERTY LONDON 0207 734 1234; SHOES: CLAE (CLAE.EU); SOCKS: PANTHERELLA AT SELFRIDES 0800 123 400; WATCH & HELMET MARK'S OWN; BAG, BROOKS ENGLAND (BROOKSENGLAND.COM); ALL VINTAGE BIKES AND FRAMES SUPPLIED BY PEDAL PEDLAR LONDON (PEDALPEDLAR.CO.UK)



(THIS PAGE) SHIRT, PEDALEO (PEDALEO.COM); JACKET, THE ONLY SON (THEONLYSON.COM); JEANS, CALVIN KLEIN 020 3100 2900; BELT, TOPMAN (TOPMAN.COM); SOCKS, PANTHERELLA AT SELFRIDGES 0800 423 400; SHOES, CLAE (CLAE.EU)

DO YOU ENJOY THE HEADSPACE YOU GET ON A BIKE? OR ARE YOU ALWAYS TUNED INTO YOUR PACE OR TACTICS?

When you're riding generically then yeah, it's the best place to go out and be alone with your thoughts. I never train with an iPod. The majority of the time it's just me, my thoughts, my life. But when I'm doing specific training, I find it helps to focus my mind. Ask: "What are you doing? Why are you doing it?" That can help if it's a long flat ride because that's more boring than riding mountains. Hills naturally keep it interesting.


HOW DO YOU DEAL WITH THE MENTAL PRESSURE BEFORE THE TOUR DE FRANCE?

It gets more intense the closer you get. From eight weeks out every single minute becomes about the Tour. But it's quite good because we're racing the whole time anyway, so it's this constant motivation. It's not the same as building up for something like the Olympics. It's good to have something before that you can put all that energy into.

HOW STRICT ARE YOU ABOUT NUTRITION?

In the season I'm strict but in the winter I'm not so disciplined. Any athlete that says they stick absolutely to a gram-for-gram diet is either lying or a little bit sick. You're a human being. You know what works for your body. My job is a professional cyclist and I'm not doing my job properly if I turn up overweight. But I fluctuate a lot. I'm 6kg more in the winter than I am in the Tour de France.

ONE LAST THING: HAS FATHERHOOD HAD AN IMPACT ON THE WAY YOU COMPETE?

All the guys who are dads said, "You won't take as many risks. You won't want to be away from home." But it kind of did the opposite. My job is cycling, and the way I earn a living is by winning. That's how I will make a future for my daughter. It brings you down to Earth. It's not that what you did before having kids didn't have consequences, but now there's someone that depends on you. It's not even 'love' you have for your kid. It's more – it's something that there isn't even a word for. 



PRO CYCLING TEAM



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BESPOKE TRAINING

Any time in the saddle will improve your fitness but these expert-devised training plans will double your stamina, boost your speed and eradicate fat



YOUR PACE GUIDE

Unless stated in each programme, your effort in the saddle should be light and comfortable. Use this guide to push harder when you need to

01 STEADY PACE

You can comfortably hold a conversation, no more than 5/10 effort.

02 MODERATE PACE

This should feel hard but sustainable, from 6-8/10 in effort. Conversation will quickly evaporate.

03 HILL CLIMBS

No two hills are the same, but you want to be up, out of the saddle and at 7-9/10 effort.

04 INTERVALS

These are short sprints broken up with gentle periods of recovery. Use them as part of a longer ride to fast-forward your endurance. Progress through the following sessions as your fitness increases:

- 4 x 5min fast with 5min recovery in between each interval
- 5 x 8min fast with 5min recovery in between each interval
- 3 x 10min fast with 4min recovery in between each interval ▶

TRANSFORM YOUR COMMUTE

This plan by pro cycling coach Dan Bennett will turn rush hour into a fitness drill that leaves fat at the traffic lights. If Cavendish worked in an office, this is how he'd get there

4
WEEKS

	RIDE TO WORK	RIDE HOME
WEEK 1 STAMINA	The endurance ride Warm up for 5min, then ride at an easy pace for the whole journey to boost stamina. Finish with a 5min cool-down. Choose a scenic route to avoid boredom.	The endurance and bursts ride Warm up for 5min, then cycle at the same pace for the whole ride, but add a 10sec sprint every 5min to increase your staying power. Cool down for 5min.
WEEK 2 STRENGTH AND CADENCE	The strength ride Warm up for 5min, then ride for 10min at a low cadence (slow pedalling) then 5min at a normal cadence. Continue alternating to boost leg strength.	The spin ride Warm up for 5min. Ride for 10min at a high cadence (fast pedalling) then 5min at a normal cadence. Continue alternating, then cool down for 5min.
WEEK 3 HARD THRESHOLD	The threshold ride Warm up for 5min, then do 10min at a high pace and 5min recovery. Alternate for the entire ride to maximise your pace. Cool down for 5min.	The speed-climb ride Warm up for 5min. Choose a hilly route home. Ride up each as hard as you can, vastly increasing your fitness and stripping fat too. Cool down for 5min.
WEEK 4 VO ₂ MAX AND PACE	The sprint for the line Warm up for 10min. Cycle for 30sec flat out, then hit a hard pace for 4min, sprinting for the last 30sec. Recover for 5min, then repeat. Cool down for 5min.	The up and down Warm up for 10min. Do 2min at a moderate pace, 2min at a hard pace, 2min at a very hard pace. Then reverse it and repeat. Finish with a 5min cool-down.

RACE TO SPORTIVE FITNESS

James Herrera, founder of cycling coaching specialists Performance Driven in Colorado, guides you to the finish line of your first 100-mile+ competition

8
WEEKS

	M	T	W	T	F	S	S
WEEK 1	Rest	75min ride, with 3 x 15min moderate	60min ride, steady	75min ride, with 2 x 20min moderate	Rest	2hr ride with 20min moderate and 3 x intervals	3hr ride, steady
WEEK 2	Rest	75min ride, with 2 x 25min moderate	60min ride, steady	90min ride, with 2 x 25min moderate	Rest	2.5hr ride with 30min moderate and 3 x intervals	3.25hr ride, steady
WEEK 3 MAX EFFORT	Rest	90min ride, with 4 x 15min moderate	60min ride, steady	90min ride, with 2 x 30min moderate	Rest	2.75hr ride with 40min moderate and 4 x intervals	3.5hr ride, steady
WEEK 4 RECOVERY WEEK	Rest	60min ride, steady	45min ride, steady	60min ride, steady	Rest	90min ride, steady	2hr ride, steady
WEEK 5	Rest	90min ride, steady, with 2 x 25min moderate	60min ride, steady	90min ride, steady, with 2 x 25min moderate	Rest	2.5hr ride, steady, with 30min moderate and 3 x intervals	3.5hr ride, steady
WEEK 6	Rest	90min ride, steady, with 3 x intervals	60min ride, steady	90min ride, steady, with 2 x 30min moderate	Rest	2.5hr ride, steady, with 40min moderate and 3 x intervals	4hr ride, steady
WEEK 7 MAX EFFORT	Rest	90min ride, steady, with 2 x 30min moderate	75min ride, steady	90min ride, steady, with 2 x 30min moderate	Rest	2hr ride, steady, with 50min moderate and 4 x intervals	5hr ride, steady
WEEK 8 RECOVERY WEEK	Rest	1hr ride, steady, with 2 x intervals	Rest	1hr ride, steady, with 4 x intervals	Rest	RACE WEEKEND	

6
WEEKS

GO HARD FOR LONGER

Tour de France winner Stephen Roche extends your weekly mileage to double your stamina and strip fat

	M	T	W	T	F	S/S
WEEK 1-2 (50-60 MILES PER WEEK)	Rest	90min ride, with interval session	Rest	90min ride, with interval session	Rest	2-2.5hr ride, steady
WEEK 3-4 (65-75 MILES PER WEEK)	2hr ride, with interval session	Rest	2hr ride, with interval session	Rest	90min gym-based cardio circuit	2-3hr ride, moderate pace with easy hills
WEEK 5-6 (80-100 MILES PER WEEK)	Rest	2.5hr ride, with interval session	Rest	2.5hr ride, with intervals and hill climbs	1.5hr gym-based cardio circuit	2.5-4.5hr (40-55 miles), more demanding route with hills

TURN EVERY RIDE INTO A WORKOUT

01 BUILD PURE SPEED

To build rival-crushing acceleration, go hard after every stop. While a red light might disrupt your flow, think of it as a new starting line. When the light turns green, push off the line with intense energy and sprint.

02 ATTAIN RAW POWER

Train for bursts. From a moderate cruising pace, stand and sprint, reaching your top speed. Every sprint should last from 12-20sec, with recovery lasting at least 30sec.

03 BURN FAT

Downshift to a gear that's easier on your legs but crank your cadence up to 120-plus rpm. This is your fat-burning zone – stay in it by focusing on maintaining a smooth, rhythmic pedal stroke.

04 ADD LEG MUSCLE

Upshift to a tougher gear and reduce your cadence to 40 rpm. Point your toes on the downstroke and drop your heel on the backstroke. Then skip the squat rack next time you're at the gym.



You're 8 weeks
from being
king of the hill



PERFECT PEDAL STROKE

Todd Carver, from Colorado's Boulder Center for Sports Medicine, puts your best pedal forwards

01 POWER PHASE

The stroke from 12 o'clock to 5 o'clock sees the greatest muscle activity. A good cyclist uses a lot of hamstring in the downstroke as well as the upstroke, because it extends the hip for more power.

02 TRANSITION

As you come through the bottom of the stroke, your toe should be pointed down at 20 degrees. This transfers more energy from your muscles to the crank.

03 ENERGY-SAVING

Through the back end, the pedal is actually pushing your leg up, so the goal is to lose as little power as possible and get that foot out of the way. Practise this with single-leg strokes.

04 RETURN PHASE

Many riders don't initiate the next pedal stroke early enough. You should be preparing for it before your foot hits 12 o'clock. **MH**

